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SPARK

"Go to the people and the places that set a spark in your soul" - unknown

THE LION 2020



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Reference



SPARK...



500 CHAPIN STREET
LUDLOW, MASSACHUSETTS
LUDLOW HIGH
SCHOOL

GROWTH FACULTY AND STAFF 4

INVOLVEMENT CLUBS 14

STRENGTH ATHLETICS 26

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CELEBRATION INDEX ADS 128

CLASS OF 2020



CLASS OF 2021



CLASS OF 2022



CLASS OF 2023



We asked our faculty to share the ways that they challenge their students to get out of their comfort zones.

HOW DO WE CHALLENGE OUR STUDENTS TO GROW?

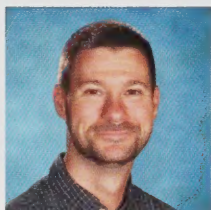
"I will challenge students in order to prepare for life and no matter what students will be able to figure things out themselves without help."

Mr. Sittard-Science



"Each year I hope to challenge my students to grow in empathy, curiosity and confidence."

Mr. Rea-English



"I will challenge my students to grow by providing them with challenging and engaging speaking activities in class that will help them to come out of their comfort zones and begin or continue speaking in the target language. Spanish!"

Mrs. Chacon, Spanish



RISING STAR Class of 2023 counselor Maria Lekarczyk received the Western Mass Counselors Association (WMCA) Rising Star Award; having been nominated by her colleague, Class of 2021 counselor, Emily Connelly, and selected by the WMCA committee. The award is given to a counselor who has been in the field for less than five years and who demonstrates the highest standard of professional competence, outstanding contribution to the school community and has a strong rapport with students, families and staff.

Mrs. Connelly said, "Maria has a warm heart when working with her caseload of freshmen students. Students feel comfortable approaching Maria with concerns or questions, finding her easy to talk to, understanding and accessible."



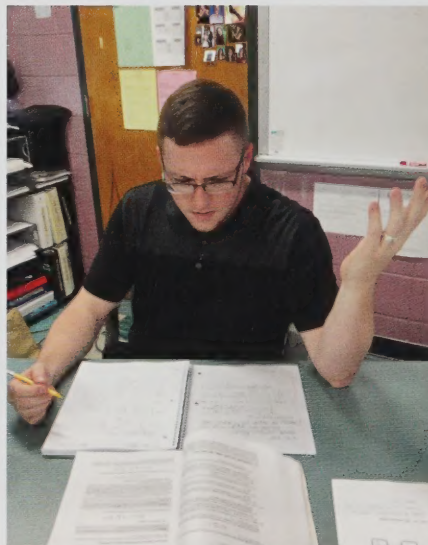
How do teachers want to change and show growth in their own lives this year?

Mr. Camp

"I always get super worked up and anxious because of my master's classes and I want to change that. I am going to try taking it one step at a time so that I can earn good grades without overworking and stressing myself out."

Mrs. Bernard

"I have this new Food 101 class and I want to build a positive classroom where students can feel comfortable and it can be a safe environment."



FACULTY & STAFF



SPARK Growth

“We needed to change the tone of this year. We wanted our staff and students happy!”

Mrs. Nemeth and her administration team certainly kicked the year off with different feel. Staff and students were greeted with selfies and chalk drawings. Teachers took the first few days to get to know their students instead of assigning work. That vibe continued throughout the year as the faculty had record participation in spirit weeks. They encouraged students to think analytically and critically. Pushing both their academic and personal growth. Then in March, everything changed. Covid-19 hit America and schools were closed up until April 27th. Finding themselves in unprecedented times, teachers began to embrace technology like Loom, Zoom, and Google hangouts in an attempt to stay connected and continue to grow.



Mr. Smith

“To spark growth I will work outside my comfort zone, I will start to enter more art shows and engage myself in things I want to do. Signing up to do new things will be a new risk to try.”

TAKE A RISK



Mr. Mitchell- Assistant Principal

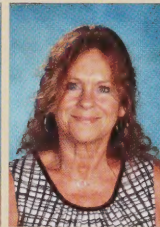
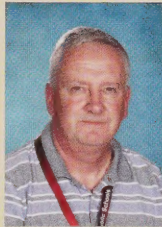
“We are going to try creating a social media presence in our school in order to showcase all the great things happening in our building.”

Student Support Services

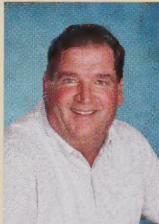
KIMBERLY ALDERMAN-SHAPIRO
KURT ANDERSON
JENNIFER BEDORE
TRACEY BLAIR AND RUBY
LYNAN CERRUTI
NICOLE COURT-MELLION



MICHAEL DOWD
ANGELIQUE EARLY
LORI-ANN GALLANT
NATALIE GEBO-SMITH
DIANE GRIFFIN
RONALD HOKANSON



KRYSTEN LANGONE
JOHN LATTANZIO
HEATHER PIGHETTI
KAREN ROY
RENEE WNUK
LAURA WOSKO



DIANE WRIGHT
JILL YARKEY-JUDD (MISSING)
JENNIFER KARALEKAS-DEPARTMENT HEAD SSS
MARTHA QUEIROGA-SPEECH AND LANGUAGE
LISA ROY- SPEECH AND LANGUAGE
ETHAN CAMPBELL



Para- professionals

CORY CARR
SANDRA CHECHETTE
LISA DIOTALEVI
ANNE FIELD
ANTIGONE FISKE
PATRICIA MATTHIEU



BRENDA PELISSIER
SHELLY PENNINGTON
CHERYL SNYDER
ERICA VIGNEAULT



FACULTY & STAFF

Exceptional Assignments;
Exceptional Results.



SHANNON ANDERSON- DEPARTMENT HEAD
THOMAS BLY
LEAH COOK
MARTIN FANNING

Social Studies Department



JENNIFER LAVALLEY
BRIAN MULVEHILL
JOHN O'CONNOR
PETER VAMOSY



KATHLEEN ZIANO



JENNIFER OLLQUIST- DEPARTMENT HEAD
CHARLES CANGEMI
STEPHANIE FERNANDES
ERIC JOHNSON

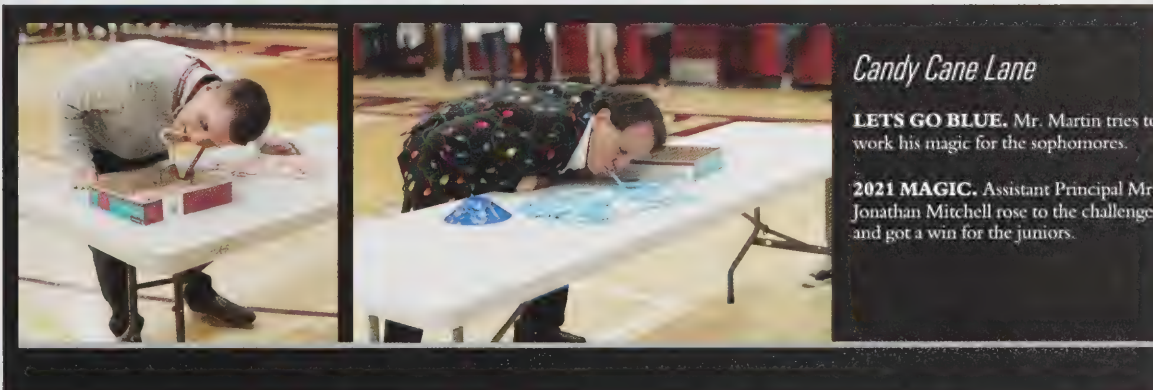
English Department



KEVIN KUDLA
AMBER KUMPULANIAN
MICHELLE MASSE
CHRISTOPHER REA



KEITH WOODMAN



Candy Cane Lane

LET'S GO BLUE. Mr. Martin tries to work his magic for the sophomores.

2021 MAGIC. Assistant Principal Mr. Jonathan Mitchell rose to the challenge and got a win for the juniors.

By the Decades

50's-00's. The final day of fall spirit week caused quite a stir amongst the faculty of LHS. October 18th was dubbed "decade day".

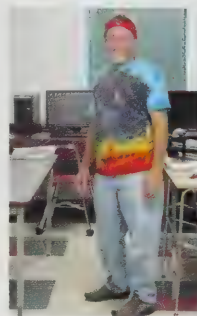
While each class was assigned a particular decade to portray, staff had to dress for the decade they were born in.

Students were so excited to see their teachers in full spirit mode.

In the office, both Mrs.

Miranda and Mrs. Goodreau were cute as could be in their 50's garb. Several teachers repped the 80's and 90's including Mrs. Ollquist, Mrs. Fernandes, Mrs. Lekarczyk, and Mrs. Noble.

We asked Mrs. Fernandes what makes a great 90's look? She said, "Bright colors, off the shoulder shirts, scrunchies, and maybe some high socks."



LEONARD PHELON- DEPARMENT HEAD
FELISA ANDROSS
MARK AUGUSTO
JASON CAMP
GERALD MARTIN
ERIC NACSIN



Math Department

RICHARD OLIVEIRA
ADERITO PIRES
MATTHEW SNOW
BRANDI STRATTON



DIANA SANDS- DEPARMENT HEAD
TIMOFEY GAVRILOV
RACHEL GULLBERG
DEBORAH IBY
JENNIFER JACOBSON
HOLLINGTON LEE



Science Department

JENNIFER McGRATH
TINA RAPA
MICHAEL SITTARD
KERRY VALENTINE
BRIAN WALSH



FACULTY & STAFF



TAKE ME BACK. Class of 2021 counselor Mrs. Connelly, representing the 90's, caught some of her fellow decade dress ups for a quick picture. Surrounding their counselor are Nikolette Sullivan, Caitlin Shaw, and Danielle Smith showing their 80's style.
photo: e.connelly



TAMMY COOK- DEPARTMENT HEAD
HOLLY CHACON
MARIA FERNANDES
FERMINA RENTA

Foreign Language Department



JOANNE SANTOS-PONTES
MEYLEEN SIERRA
PIERRE TENDENG



ELIZA NEWLAND-DEPARTMENT HEAD
CAREY NOBLE
BRETT SMITH

Fine Arts Department



PAULA LANE-MAJOR
ELIZABETH PIERGA

ESL



EMILY CONNELLY-2021
CHRISTINA DIONNE-COUNSELING OFFICE
COORDINATOR-2020
JACQUELINE DUPONT-STUDENT ADJUSTMENT
COUNSELOR
MARIA LEKARCZYK- 2023
TESHA WARD- 2022
REBECCA MATHISEN-SECRETARY

School Counselors

GETTING OUT. Wednesday October 3rd, Mr. Martin and Mr. Rea headed out to catch the Ludlow girls volleyball team take on Longmeadow. After spotting each other they took a selfie and had an indepth discussion on the use of the jump serve. Not to be outdone, Mrs. Stratton also came to support our girls volleyball at that Friday's game. She said the girls played so hard, even though it ended with a loss to Wilbraham.

photo: G. Martin and B. Stratton



Physical Education Department

REBECCA GAUVIN- DEPARTMENT HEAD
GARY ELSON
LINDSAY GAUTHIER
AMANDA NASCIN
ASHLEY MOURAO- TRAINER



Business and Technology Department

MICHAEL HILL
ERIK HANSON
JENNIFER PICARD
ADELEI BERNARD



Library Media Specialists

JAMISON HEDIN
DEBORAH POTTER



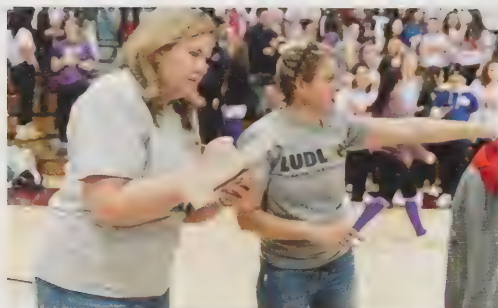
SONIA JAWORSKI
ANN MARIE BELDEN



School Nurses

Music Department

KEVIN McAVOY
DANIEL HENRY



FACULTY & STAFF

Administration



Principal Lisa Nemeth



Assistant Principal
Class of 2020 and 2021
Jonathan Mitchell



Assistant Principal
Class of 2022 and 2023
Michael Halpin



Athletic Director
Timothy Brillo



FAREWELL MR. O'CONNOR!



SPIRIT. Mr. O'Connor watching seniors Amelia Valadas and Gabrielle Walczak compete in winter pep rally game.



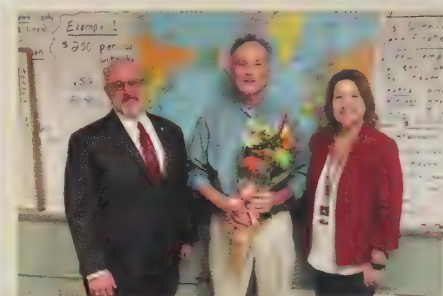
IN ANTICIPATION. Mr. O'Connor standing by and supporting friend and fellow colleague Mr. Fanning before competing in winter pep rally game.

Mr. O'Connor is a beloved teacher here at LHS. He started his career here in the spring of 1989 when he was a student teacher. After his time student teaching, he was hired full time for the next upcoming school year.

Mr. O'Connor has big plans for his retirement, one of the biggest plans he has is to travel a lot more. He plans to go to places such as: England, Aruba, and visit Italy for the second time. He would also love to travel to the Middle East to countries like Israel and Egypt. For anyone who has had the pleasure to be in O'Connor's classroom knows of his passion for golf, so it is no secret that with his time off he will definitely be golfing on a regular basis. "I will miss so many things about teaching, but one thing I will not miss are the essays!" O'Connor laughed. He has been responsible for grading the junior research paper for years.

Over the many years Mr. O'Connor has been with us at LHS, he has had many remarkable memories with his students and fellow faculty members. But, he expresses his most memorable moments have been when alumni students of his come back to visit him. They share what their lives have been like and share some of their memorable experiences. Lots of his former students have expressed that they themselves have become teachers because of him and the way he taught his classes. He expresses immense gratitude for this and is humbled by it.

Mr. O'Connor will be greatly missed here at LHS, not just by the amount of time he has been here, but by how he has filled his classroom over the years with enthusiasm and laughter. We wish him the best of luck with everything life will bring him and we thank him for bringing such a positivity to LHS.



GRINSPOON WINNER

This year, Mr. O'Connor received the LHS Grinspoon Award. The award is given each year. The staff writes commendations of their colleagues and then the administrative team reads through and a committee chooses the recipients. O'Connor's colleagues sung out about his unique and energetic style of teaching, his deep love of history, and his ability to connect and make learning meaningful.

"Having Mr. O'Connor first period was an amazing experience because his enthusiasm for history kept me wide awake and engaged!"



"I loved having Mr. O'Connor as a teacher for my senior year because he made history a subject that I genuinely enjoyed."



Marisa Mentekidis, 2020

FACULTY & STAFF

FAREWELL MR. HALPIN!



FRIENDS. Mr. Halpin spends time with LHS colleagues and friends.

CELEBRATION. Mr. Halpin traveling to awesome places, and spending time with his wife and friends.



Mr. Halpin has worked as an assistant principal for Ludlow Public Schools for 14 years. Before coming to LHS, Mr. Halpin worked in his home town at Springfield Public Schools, he taught special education for eight years and was an assistant principal for two years. Mr. Halpin loves interacting with kids. However what he really appreciates is being able to watch the students grow and mature over their four years at LHS.

Mr. Halpin is looking forward to all of his newfound free time during his retirement. He and his wife have already planned a trip to Egypt for October 2020, and he's looking forward to traveling many other places and exploring the world. He plans to spend some time working on his historic house in Springfield. He will also enjoy having time for sailing on his boat in Connecticut. He's looking forward to the future as his children are older and he's excited to spend more time with them and watch them grow their own families.

Over Mr. Halpin's 14 years teaching at LHS some of his colleagues have become more like family to him, and he plans to keep in touch with his LHS friends regularly. Mr. Halpin held an important role in our school, and was loved by students, colleagues, and parents. His kindness, humor, and understanding persona made him stand out. Ludlow High School will miss you very much Mr. Halpin!!

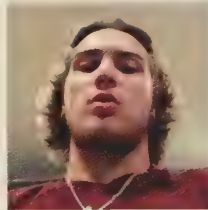
"I feel bad for the future classes that won't get to experience his kindness and genuine care for the students, but I'm glad that he decided to retire after my class graduates so although he'll be missed I got to see him throughout my entire high school experience."

Alexa Camer, 2020



"I'm glad to hear that Mr. Halpin can finally catch a break from pain in the rear kids like myself, because he more than deserves it. Although Mr. Halpin had to be the 'bad guy' sometimes he always did it with the utmost professionalism and sincerity. I'm honored to have graduated in his final year."

Carson Kowalski, 2020



"It makes me feel sad for the upcoming classes that won't be able to have him, he was such a good VP and did a great job at helping us with whatever we needed. We grew up with him throughout our four years and I feel fortunate our class was able to have someone as kind and caring as him."

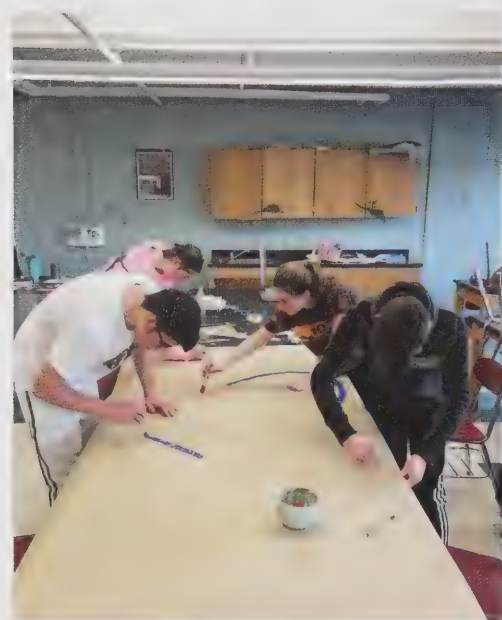
Elma Kolenovic, 2020





BUILD IT. Best Buddies got together to build gingerbread houses and decorate cookies on December 16th. The cookies were made by Carlie Smith.

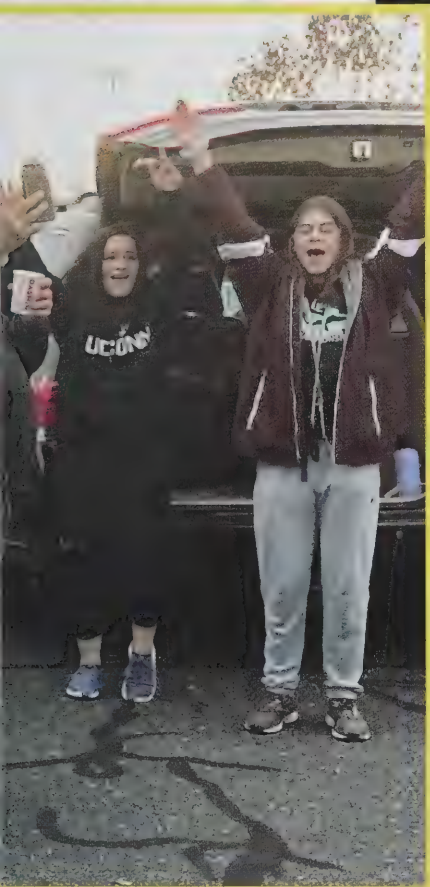
LIONS ROAR. Michael Baxendale, better known as Bax, one half of the Bax & O'Brien show on Rock 102, takes a selfie with our NHS members at the Mayflower Marathon. Ludlow has won the competition for the last few years. We raised over \$9,000 in food for local shelters and pantries.



BACK TO BACK. From the drama club's performance of "High School Musical," Sara Maria who played Sharpay Evans and Jake Garcia who played Ryan Evans are President and Vice President of the drama club.

FOR THE KIDS. Student Council members participate in Read Across America. They dressed up as beloved characters from Dr. Seuss and read to students at both Chapin and East street schools.





SPARK



Involvement CLUBS

**"Get involved, be
involved, stay involved!"**

Our clubs are the beating heart of LHS. They are where students can express their passions. Their passion for civic service, music, art, movies, writing, heritage, and they can embrace their competitive side.

Our clubs introduce students to new challenges and worlds. Many of our language clubs sponsor trips outside of the US and when they can not travel they take members to a different world through music and food.

Clubs like Best Buddies, NHS, and Student Council have students share bonds through service and fun.

Clubs also allow students to form relationships with their teachers in a new role. Advisors play a huge roll in students' lives. Where else but in a club like table top gaming could your square off against Mr. Snow in a game of Modern Art?

So whether you want sing, play ping pong, love the movies, or give back to your community there is a club in the next few pages for you!





MATHLETES.

ADVISOR MR. GERALD MARTIN, INDIA IWANIEC, NOAH MARTINS, JACOB LADUKE, MATTHEW TIBBITTS, SARA MARIA, AND ADVISOR MR. ADERITO PIRES.

AS SCHOOLS MATCH WITS.

ADVISOR MR. O'CONNOR, SENIORS OLIVIA DINIS, MATTHEW TIBBITTS, JAKE WYLLIE. JUNIORS JOSH GUNN AND ALTERNATE GAGE GLANVILLE.



BOWLING. BRENDAN LAFLEUR, DOMINIC BARROSO, JONAH PARK, LUKE ST. JACQUES, ANDREW CARON, AND JACOB KOZIOL.



PING PONG AVERY BLEAU, EVAN BEWSEE, GIANNA SWIATLOWSKI, KEIRA LANCASTER, DESIREE LAFORST, AMII TEIXEIRA, LOGAN ARCHAMBAULT, JACOB VAUTRAIN, THEODORE ZWINSKI, ADVISOR MR. PETER VAMOSY BRIAN BEEM, BIANCA CARRINGTON, BENJAMIN SANTOS, KAAAN TURK, PATRICK CASAGRANDE, ERIK CHALUI JACOB DIAS, ALEXANDER DIONNE, ALEXANDRE BROWN, GABRIEL AFONSO, ALEXANDRA BUNKO, JAMES ELLIOTT, ANDREW HERVIEUX, DARIUS HOUSEY, BRANDON GERMANN, DONOVAN DWYER, JOHNNY JAWORSKI, ABIGAIL MAGEE, JESSICA MAGEE, MAXWELL MORTIMER, LUKE MORIN, MATTHEW MENDEZ, ANDREW LYNCH, HENRY'S NGUYEN, CALISSA POLICARPO, MATTINGLY PROVOST, JESSICA PARKER, GABRIEL RIVERA, DEAN RODOLAKIS, AARON STASIOWSKI, INDIA IWANIEC, JOHN COLLINS

Involved in competition

“It really speaks to the characters of these kids, that even in a competition they put kindness and friendship first.”

Competition drives many of our clubs here at LHS. The mathletes compete in competitions against other schools’ teams. Judges check and score students process and answers to complex math problems. For those with a more well rounded knowledge the As Schools Match Wits team competes on local public television in Jeopardy style question and answer. They compete against local schools.

Our bowling team, with new advisor, Mr. Hanson, had a highly successful season and placed 2nd in the Division II at AMF Chicopee Lanes. Mr. Hanson said he was most

impressed by the sportsmanship within the team.

Table top gaming club was a spin off a club last year, video gaming club. Members of this club meet most Mondays and take on all kinds of board games. From Candyland to Modern Art, these gamers enjoy the competitive non screen time.

Ping Pong club is one of the most popular clubs. They even host a well attended tournament.



“I’ve been apart of the TableTop Gaming Club for the past 3 years I enjoy playing the games and learning how to play new ones.”

Jolie Gaffron, 2020



“I have been doing the TableTop Gaming Club for the past two years. My favorite part is being able to be with my friends and to hangout after school.”

Berkant Boluk, 2020



“ I thought it would be a fun thing for me to do after school. I’ve made a lot of friends because of the club. I enjoy attending when I can!”

Amie Teixeira, 2023



“I really enjoy spending time with my friends after school. The club has a great and friendly environment that I appreciate.”

Benjamin Santos, 2023



TABLETOP GAMING CLUB. KAYLEE MURPHY, MACKENZIE MURPHY, MEGAN LYONNAIS, FIONA ELLIOTT, INDIA IWANIEC, RONALD SCHNEIDER, JOLIE GAFFRON - PRESIDENT, RAE KYEONG KIM, LOREN HORTON, MADDOCK COLLINS, REBECCA WEHNER, BERKANT BOLUK, KADE GERMAIN



CANDYLAND
Several members of the table top gaming club take it way back with this childhood board game.



Tri-M. GIZZELLE ABANADOR, STEPHANIE AFONSO, MIRANDA BALBINO, AVA BENARD, ALEXIS BRAGGA, CONNOR BROWN, MACKENZIE CHAREST, ABIGAIL CRUZ, JACOB DIAS, JACOB DUFOUR, BRADY DUQUETTE, ANGELA FALCETTI, JOLIE GAFFRON, SYDNIE GERMAIN, GABRIELLE GONSALVES, BENJAMIN GUERIN, BRIELLE HAMEL, EMILIE HOFFMANN, JENNIFER KANIA, LEAH KEATING, SARA KETCHALE, IAN KIM, SARAH KITES, AVA KOCHANOWICZ, BRENDAN LAFLEUR, ABIGAIL LETOURNEAU, RILEY LONDRVILLE, ISABELLA MARTINEZ, MARAH MCDONNELL, ALYSSA MOORE, LUCAS MOWRY, KASSANDRA MUISE, JAIDEN OYAGUE, JONAH PARK, THOMAS PEARSON, ELIZABETH PEREIRA, ARAYAH REMILLARD, JOSHUA SALOIO, GIANNA SANTUCCI, WHITNEY SCOTT, GABRIEL SIMARD, EMILY SINGLETON, LIAM SMYTH, LUKE ST. JACQUES, MATTHEW TIBBITTS, ADAM WEHNER, REBECCA WEHNER, RACHAEL WILSON, MAXWELL ZUKOWSKI
ADVISOR: Mr. McAVOY



BAND. GIZZELLE ABANADOR, INOAKAMMA AGOZINO, KACEY BAILEY, AVA BENARD, ALEXIS BRAGGA, CONNOR BROWN, MICHAEL CASSIDY, MACKENZIE CHAREST, ABIGAIL CRUZ, DANIEL DANTAS, SCOTT DESMARTEAU, JACOB DIAS, RORY DIVENUTO, JACOB DUFOUR, FIONA ELLIOTT, SOFIA FONSECA, JOLIE GAFFRON, SYDNIE GERMAIN, BRANDON GERMAIN, KADE GERMAIN, GABRIELLE GONSALVES, SIERRA GOSSELIN, BENJAMIN GUERIN, AARON HARRIS, EMILIE HOFFMANN, PADEN HORTON, JACOB HUBER, JOHNNY JAWORSKI, JENNIFER KANIA, LEAH KEATING, ASHLYN KEATING, DAVID KEROACK, IAN KIM, SARAH KITES, ZACHARY KLIMEK, BRENDAN LAFLEUR, KEIRA LANCASTER, RAYAH LANDERS, ISABELLA MARTINEZ, MEL MARTINS, LIZETTE MENDEZ, ALYSSA MOORE, KATELYN MORRIS, LUCAS MOWRY, KASSANDRA MUISE, LANDON NORRIS, EMILY O'CONNOR, ALEXA PALAZZI, SKYLAR PARENTE, JONAH PARK, HANNA PARK, THOMAS PEARSON, ASHLEY QUITTERO, ARAYAH REMILLARD, RYAN ROBERTS, JOSHUA SALOIO, ANTHONY SALOIO, MALIYAH SANCHEZ, GIANNA SANTUCCI, WHITNEY SCOTT, GABRIEL SIMARD, EMILY SINGLETON, LIAM SMYTH, LUKE ST. JACQUES, GIANNA SWIATLOWSKI, VANESSA TABLE, DAVID TASSINARI, AMIE TEIXEIRA, MATTHEW TIBBITTS, AARON TURGEON, SOFIE VITAL, RACHAEL WILSON, TORCATO ZINA, MAXWELL ZUKOWSKI



ART CLUB. ASHLEY OGORZALEK, ALYXA-RAY SHOWALTER, AIDA SMITH, MADELYN OGORZALEK, AMELIA VALADAS, JULIA POTORSKI, KATRINA ALVES, ALEENA IODLOVSKAYA, SUDENAZ YANBUL, SUZAN YANBUL, LIZETTE MENDEZ, JADE BAMFORD, ADVISOR: Mr. BRETT SMITH



CHORUS. STEPHANIE AFONSO, JESSICA AMERICANO, MIRANDA BALBINO, ALINA BANAS, RYAN BEEBE, BERKANT BOLUK, SPENCER BRICE, TYLIAHA BURCH, CHAVELLE CARLSON, LEANNE CONNORS, ARYANNA DAILEY, ALEXIS DAWSON, NATE DOYLE, BRADY DUQUETTE, ANGELA FALCETTI, ISABELLA FERNANDES, JACOB GARCIA, BROOKE GATES, BRIELLE HAMEL, AMELIA JARZABEK, AMANDA JEFFERSON, SARA KETCHALE, ABBIGAIL KING, AVA KOCHANOWICZ, JACOB KOZIOL, DESIREE LAFORST, ABIGAIL LETOURNEAU, RILEY LONDRVILLE, SHYANNE MACIAG, TRISTAN MAYNARD, MARAH MCDONNELL, OLIVIA OUELLETTE, JAIDEN OYAGUE, ELIZABETH PEREIRA, KARRELIS RAMIREZ, ELLA ROY, ABAGAYLI SHOWALTER, SHAVON SCOTT, AMELIA SMITH, VICTORIA SURREIRA, VIVIAN VELASQUEZ, MINA VICKERS, MACKENZIE WALSH, NICOLI WALSH, ADAM WEHNER, REBECCA WEHNER, ADVISOR: Mr. HENRY

Involved in the arts

“So much of the things we find beauty and comfort in are those that we can experience through our senses.”

It is impossible to roam the halls of LHS between (and sometimes during) class and not run into its beautiful murals. From the lion pride at the start of B-wing, to the beautiful scenes in the foreign language hallway, all these murals are made possible by the art club. The club's members are artists who want to give their peers some everyday beauty as they wander the halls.

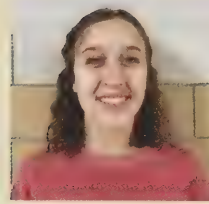
The band this year saw some amazing performances. They started off the year by kicking off the teachers' orientation day with a rousing performance. They followed that with their

annual Halloween Band Bash. The senior members of band got into it by all dressing like characters from the game Mario Kart.

During their winter concert the band challenged themselves by performing a Christmas medley all in E-minor. The chorus sung “Betelehemu”, a Nigerian carol. Class of 2020 member Stephanie Afonso said, “It was really fun to perform because we danced along with it and you really could get into it.”

In February, the chorus did their annual fund raiser of singing love songs for a small fee. They made a lot of money as many friends, significant others, and those looking to embarrass people take advantage of it.

Unfortunately the spring concert was canceled due to Covid-19.



“I really like to do art and the creativity is fun.”

Amelia Valadas, 2020



“Band allows me to see how crucial it is to be apart of a team and work together with others. Even though music can be made alone, it becomes truly special when we all come together.”

Jennifer Kania, 2020



“I like singing and it's super fun to be with all of your friends in a nice environment, especially in men's chorus.”

Berkant Boluk, 2020



“My interest to join Tri-M was because I'm very passionate about music and I knew it was another opportunity to pursue music, which is what I love to do.”

Riley Londraville, 2023



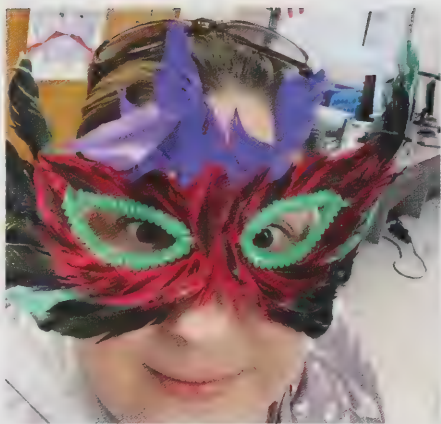
MIXED CHORUS: ALINA BANAS, BERKANT BOLUK, ARYANNA DAILEY, ALEXIS DAWSON, NATE DOYLE, BRADY DUQUETTE, ANGELA FALCETTI, JACOB GARCIA, BRIELLE HAMEL, ARA KETCHALE, ABIGAIL LETOURNEAU, RILEY LONDRVILLE, TRISTAN MAYNARD, JAHARAH MCDONNELL, JAIDEN OYAGUE, ELIZABETH PEREIRA, ABAGAYLE SHOWALTER, AMELIA SMITH, SAVANNAH THURBER, ADAM WEHNER, REBECCA WEHNER
ADVISOR: MR. HENRY



MEN'S CHORUS
BERKANT BOLUK, SPENCER BRICE, NATE DOYLE, BRADY DUQUETTE, JACOB GARCIA, TRISTAN MAYNARD, JAIDEN OYAGUE, ADAM WEHNER
ADVISOR: MR. HENRY

Mardi Gras

English teacher Ms. Kumpulian joined the French club for their Fat Tuesday celebration and brought this mask home to her 3 year old son.



SPANISH CLUB ADVISOR MRS.

FERMINA RENTA. JADE BAMFORD, CHLOE BENARD, JULIA BRILLO, MACKENZIE CHAREST, CHRISTOPHER FOGG, ALEXANDRA FORMEJSTER, JOLIE GAFFRON; TREASURER, EMILY GODEK, RYANN GUTHRIE, BRIELLE HAMEL, BRETTON HARYASZ, JADA HEWES, JACINDA HEWES, LEAH KEATING; SECRETARY, RAE KYEONG KIM, ELIZABETH KOPEC, RYAN MALAQUIAS, GRACE MCCARTHY; VICE PRESIDENT, ALYSSA MOORE, KASSANDRA MUISE; PRESIDENT, JULIET RIBEIRO, DONOVAN STACHOWIAK, JACOB WADAS



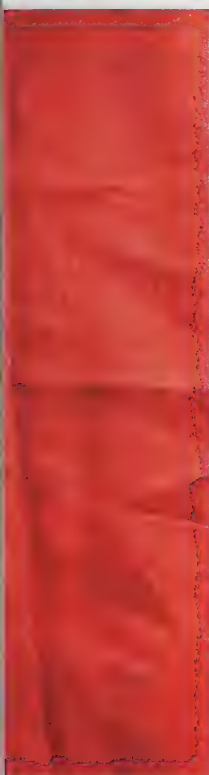
Portuguese. ABIGAIL MAGEE, ADAM LIMA, ADAM MAKIYA, ALEXANDRIA SPEDERO, AMBER BLAKE, AMELIA VALADAS, ANA McDONALD, BAYLEE EDWARDS, CATARINA PIRES, CHLOE HOMANS, CODY BLACKBURN, DREW WOISHNIS, ELIZABETH PEREIRA, EMILY GANHAO, EMMA COTE, EMMA SERISSER, EVAN WURSZT, JAKE WYLLIE, JESSICA DOBEK, JESSICA MAGEE, JESSICA MORGADO, JESSICA TRAJKOVSKI, JOCELYN TRAJKOVSKI, JOHNNY JAWORSKI, JULIANNA JOHNSON, KAITLYN RODRIGUES, KALEB VALADARES, KALI GRIMES, KARALYNN AGUILAR, KARINA DIAS, KARLEY AUSSANT, KATELYN PEREIRA, KOBE DIAS, KYLE ALMEIDA, KYLE FONTOURA, LILIANA GONCALVES, LIZETTE ALVES, LUCIA COSTA SANCHES, MALLORY PEREIRA, MATTHEW CRUZ, MEGAN DACRUZ, MICHAEL MORGADO, MICHAEL PEDRO, MICHAEL RILEY, NATHANIEL HOMANS, NICHOLAS STREET, NICHOLAS TEIXEIRA, OLIVIA CRESPO, OLIVIA DINIS, OLIVIA FERNANDES, PAIGE SIMARD, REBECCA HALL, RILEY HESS, RYAN MALAQUIAS, RYLEY BREAUULT, SAMUEL RILEY, SARA MARIA, SIERRA RODRIGUES, SOFIA FONSECA, SOFIA RIBEIRO, STEPHANIE AFONSO, STEPHANIE MARTINS, TATIANA LAMAS, YVONNE BASTOS



GAY STRAIGHT ALLIANCE. ADVISOR MRS. PIGHETTI, MARAH MCDONNELL, REBECCA WEHNER, LAUREN WALCZAK, ABAGAYLE SHOWALTER, BRIELLE HAMEL, VICTORIA



FRENCH CLUB. ADVISOR MONSIEUR TENDENG, HUNTER PROULX, CAMERON ECHOLS, INOAKAMMA AGOZINO, GRACE DINELLE, GIANNA SANTUCCI, TARIK HODZIC, JACOB LADUKE, JACQUELINE LINDSEY, GABRIELLE GONSALVES, GABRIELLA BLACK, PAIGE NALLY, AMANDA JEFFERSON *photo: not in order*



Involved in different perspectives

“When we push ourselves to learn something new or embrace something unknown- we are at our best.”

Because of its Portuguese heritage, the Portuguese club at LHS is one of the largest. Students learn about their heritage and also participate in a number of well loved activities. They put on a Sao Martinho feast where students bring in traditional dishes and invite their teachers for an after school feast. Math teacher Gerald Martin is known to be the largest supporter of this feast, often wishing others were not invited.

Spanish club like Portuguese club does a lot with the food from the culture. Hosting several events where members of the club cook and enjoy

traditional Spanish dishes. They also educate others on the Day of the Dead with beautiful art and masks.

French club celebrates with masks as well. They love to ring in Mardi Gras with traditional king cake and make beautiful masks.

Faith club is a safe club for members of all faiths to come together and celebrate their similarities. They took on a topic each week, inviting kids who maybe don't have a strong religious background to discuss things like stress and relationships.



"I decided to join Spanish club because I loved learning Spanish, so my Freshman year when I was at the club fair I decided to give it a try. My favorite part of Spanish club are the opportunities I get, to not only learn about Spanish culture but also immerse myself within the traditions of the Spanish heritage."

Leah Keating, 2021



"I joined Portuguese club because it's fun and a comfortable space. you get to try and take part in different things and you don't have to be from a Portuguese background to be in the club."

Stephanie Afonso, 2020



"My favorite part of advising GSA is getting to know my students better. I also love that I can provide a safe place for LGBTQ students and our straight allies to hang out, share our victories, our struggles, and events that we are looking forward to."

Mrs. Pighetti, Staff



"What sparked my interest in the faith club is the kind people that are apart of it, you're free to express your faith and struggles and they are always there to listen."

Bianca Carrington, 2020



FAITH CLUB. TRINITY BRUENO, BIANCA CARRINGTON, SADE' COATES, FAITH FRENIERE, MEGHAN HUBER, BELLA MATEUS, CARTER MILFORT, LONDON NORRIS, KATELYN PEREIRA, JESSICA PARKER, OLIVIA PARKER. *photo not in order*





Class of 2020 Representatives
 Jimmy Elliot
 Mattingly Provost
 Amanda Poirier
 Maegan Santos
 Gabby Walczak

Class of 2021 Representatives
 Gage Glanville
 Dean Rodolakis
 Danielle Smith
 Yvonne Bastos
 Sara Ketchale

Class of 2022 Representatives
 Sofia Ribeiro
 Aaron Picard
 Inoakamma Agozino
 Elizabeth Pereira
 Chloe Ketchale

Class of 2023 Representatives
 Jacob Garcia
 Jacob Goodwin
 Elise Lavell
 Marissa Marques
 Ryan Cruz

Class of 2020 Officers
 President- Peter Mentekidis
 Vice President- Matt Tibbits
 Secretary- Miranda Balbino
 Treasurer- Sedona Wikar

Class of 2021 Officers
 President- Nolan Ayers
 Vice President- Juliet Ribeiro
 Secretary- Marissa Balbino
 Treasurer- Colin Disanti

Class of 2022 Officers
 President- Leo Laquerre
 Vice President- Fiona Elliott
 Secretary- Sofia Tulik
 Treasurer- Colby Palmer

Class of 2023 Officers
 President- Braeden Schwartz
 Vice President- Mert Yanbul
 Secretary- Owen O'Shea
 Treasurer- Matthew Mendez



National Honors Society GIZZELLE ABANADOR, KARALYNN AGUILAR, MIRANDA BALBINO, BRIAN BEEM, ALEXIS BRAGGA, NOAH CABRAL, FIONA CAMPBELL, MACKENZIE CHAREST, JOHN COLLINS, OLIVIA DINIS, JAMES ELLIOTT, SOPHIA GIZA, REBECCA HALL, EMILIE HOFFMAN, PADEN HORTON, JOHNNY JAWORSKI, JENNIFER KANIA, ABIGAIL MAGEE, HANNAH MAKUCH, RYAN MALAQUIAS, GRACE MCCARTHY, KAYLA MCKAY, PETER MENTEKIDIS, ALYSSA MOORE, MICHAEL MORGADO, KASSANDRA MUISE, MARI O'SHEA, ANTHONY QUITERIO, KIMBERLY SANTOS, MAEGAN SANTOS, PAIGE SIMARD, CARLIE SMITH, NICHOLAS STREET, JULIANN SZEMELA, NICHOLAS TEIXEIRA, MATTHEW TIBBITTS, JOCELYN TRAJKOVSKI, SZYMON TYLEC, JACOB VAUTRAIN, GABRIELLE WALCZAK, ADAM WEHNER, REBECCA WEHNER, SEDONA WIKAR, EVAN WURSZT, STEPHANIE AFONSO RYLEY BREAULT, MATTHEW CRUZ, BAYLEE EDWARDS, ALEXANDRIA (LEXI) MORRIS, AMELIA SMITH, JOSEPH SNOPEK, AMELIA VALADAS, KEZIAH ABANADOR, KHAREN ABANADOR, LIZETTE ALVES, NOLAN AYERS, MARISSA BALBINO, JADE BAMFORD, CHLOE BENARD, AMBER BLAKE, KARINA DIAS, CHRISTOPHER FOGG, KYLE FONTOURA, EMMA FORCUM, JOLIE GAFFRON, OLIVER GAVRILOV, KALI GRIMES, TARIK HODZIC, SARA KETCHALE, JACOB LADUKE, TATIANA LAMAS, ADAM LIMA, CATARINA PIRES, ARAYAH REMILLARD, JULIET RIBEIRO, DEAN RODOLAKIS, KAITLYN RODRIGUES, WHITNEY SCOTT, CAM SMITH, DANIELLE SMITH, JACOB WADAS, ANTWONE WEBB, DREW WOISHNIS



STAR WARS. MICHAEL PEDRO, ANDREW DUQUETTE, LUKE MORIN, AIDEN HERVIEUX, ADVISOR; MR. RONALD HOKANSON



THE CUB-Student Journalism OLIVIA DINIS, FAITH FRIERE, BRETTON HARYASZ, MEGHAN HUBER, LEAH KEATING, PETER MENTEKIDIS, PAIGE NALLY, MADELYN OGORZALEK, JACK PAQUIN, MICHAEL PEDRO, LILLIAN PRZYBYL, KALEB VALADARES, JACOB VAUTRAIN, REBECCA WEHNER, THEODORE ZWINSKI
 ADVISER: MR. CHARLIE CANGEMI

Involved in LHS

“Clubs that are civic or service based are a huge service, both to the school and community.”

Student Council is a student led organization that vocalizes student voices who may not be heard. They hold meetings twice a month on Thursdays. The council's advisor, Shannon Anderson says that they convey “how we practice our civic duties”. This country is a democracy and is important to highlight the power a person has. Working as LHS' student body, they work to make sure the voices of all the students are acknowledged.

National Honors Society is a club based on a student's grades and merits. Members have to apply and be recommended by teachers. A student member, Kimberly Santos states, “NHS has impacted me by finding my leadership skills and it taught me how to work as a community”.

Their biggest contribution is usually orchestrating the Mayflower Marathon. Members ask students and teachers to donate non perishable goods and then deliver them to the pick up where local celebrities Bax and O'Brien collect them. Once again, LHS won the competition with a litter over \$9,000 worth of goods.

Best Buddies is a club that pairs students together to do really fun things. They had a Halloween dance this year as well as decorating gingerbread houses.

The Cub is an online student newspaper that covers all the hot topics happening in LHS. Go to ludlowcub.com for more. The Cub encourages participation from the students by hosting many writing contests.

Star Wars club was a brand new one this year that was formed based on a love of the movies! Several big name celebs made appearances including Darth Vader.



“Collectively, students can work together with faculty and staff to improve Ludlow High School and our community.”

Shannon Anderson,
Advisor Student Council

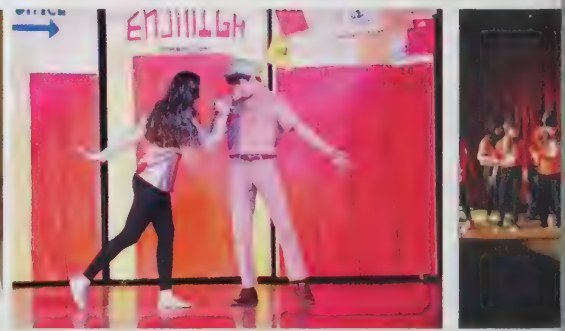
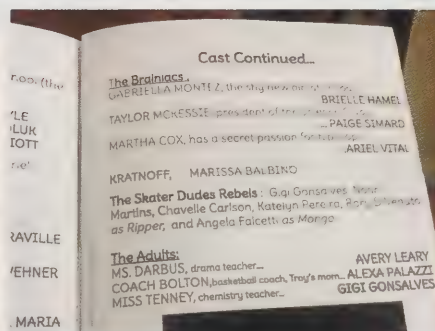
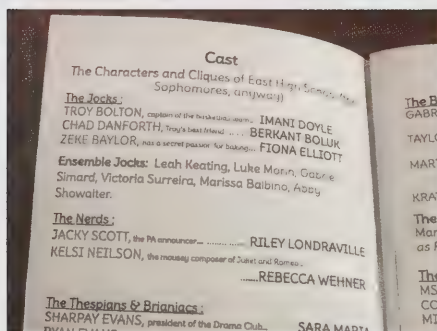


LEADING LIONS. GIZZELLE ABANADOR, KHAREN ABANADOR, KEZIAH ABANADOR, STEPHANIE AFONSO, KARALYNN AGUILAR, LIZETTE ALVES, NATALIE ALVES, NOLAN AYERS, MARISSA BALBINO, JADE BAMFORD, DOMINIC BARROSO, KILIE BAZINET, MATTHEW BEDORE, CHLOE BENARD, ALORA BERTINI, BRIAN BEEM, AMBER BLAKE, NOAH CABRAL, NATALIE ALVES, MIRANDA BALBINO, ALEXIS BRAGGA, JENNA BRANCO, RYLEY BREAULT, JULIA BRILLO, GENEVIEVE BUCIER, FIONA CAMPBELL, ALEXA CARNER, ANDREW CARON, BIANCA CARRINGTON, MACKENZIE CHAREST, KATARINA CODDING, KAYCIE COLBERG, EMMA COTE, KARINA DIAS, OLIVIA DINIS, JESSICA DOBEK, JACQUELINE DOUCETTE, ARDYN DUPUIS, ALLISON FIORENTINO, CHRISTOPHER FOGG, MATTHEW FONTAINE, KYLE FONTOURA, EMILY GANHAO, CONNOR GARITY, KILEY GAUGHAN, KADE GERMAIN, SOPHIA GIZA, GAGE GLANVILLE, RYANN GUTHRIE, ALIYAH HAIGLER, REBECCA HALL, BRIELLE HAMEL, ASHLEY HARYASZ, BRETTON HARYASZ, OLIVIA HENRY, TARIK HODZIC, EMILIE HOFFMANN, MEGHAN HUBER, JOHNNY JAWORSKI, JULIANNA JOHNSON, JENNIFER KANIA, LEAH KEATING, SARA KETCHALE, ELMA KOLENOVIC, ELIZABETH KOPEC, SIDNEY KORNACKI, JACOB LADUKE, AVERY LEARY, ADAM LIMA, AMANDA LINDSEY, KELLIE LYONNAIS, HANNAH MAKUCH, RYAN MALAQUIAS, SARA MARIA, GRACE MCCARTHY, MARAH McDONNELL, KAYLA MCKAY, MARISSA MENTEKIDIS, PETER MENTEKIDIS, ALYSSA MIDWOOD, ALYSSA MOORE, ALEXANDRIA MORRIS, KASSANDRA MUISE, MACKENZIE NALLY, HANNAH NILSON, MARI O'SHEA, JAIDEN OYAGUE, ALEXA PALAZZI, JESSICA PARKER, MATTINGLY PROVOST, ANTHONY QUITERIO, KAYA REOPEL, JULIET RIBEIRO, HANNAH ROBINOVITZ, KAITLYN RODRIGUES, MAEGAN SANTOS, WHITNEY SCOTT, PAIGE SIMARD, AMELIA SMITH, CHARLIE SMITH, DANIELLE SMITH, EMMA SOTIROPOULOS, ALEXANDRIA SPEDERO, PAIGE ST. PIERRE, NIKOLETE SULLIVAN, SONJA SWIMM, JULIAN SZEMELA, MATTHEW TIBBITTS, ANGELA TOBIASZ, JOCELYN TRAJKOVSKI, KALEB VALADARES, AMELIA VALADAS, JACOB VAUTRAIN, BRAEDEN VERMETTE, ANTHONY VIEIRA, JACOB WADAS, GABRIELLE WALCZAK, ANTWONE WEBB, MAUREEN WEBBER, REBECCA WEHNER, SEDONA WIKAR, RACHAEL WILSON, DREW WOISHNIS, JAKE WYLLIE



BEST BUDDIES.

Advisors: Mrs. Jennifer Karalekas and Mrs. Eliza Newland
Members:
Jacob Koziol
Amelia Jarzabek
Jennifer Kania
Charlie Smith
Kacey Bailey
Grace Page
Leanne Conroy
Katelyn Pereira
Sofia Tulik
Isabelle Taylor
Zachary Fagone
Jessica Parker
Cameron Brown
Brielle Hamel
Mari O'Shea
Hunter Proulx
Grace McCarthy



High School Musical!

"You could feel the pride and dedication of these actors. It was so inspiring."

Chloe Carroll, 2023.

Almost every student in every grade grew up with High School Musical. So when the LHS Drama Club decided to bring that childhood memory to life on stage it got rave reviews.

Co-directors Miss Nicole Sousa and Miss Christine James brought High School Musical to the LHS auditorium for one night only. The auditorium was at almost full capacity and not just with friends and family of the cast.

Stage manager Ryley Breault reflected on the experience, "This was so rewarding. Some of the challenges we faced were snow days stopping rehearsals. The biggest reward was watching the choreography come together with the music on stage." As a senior Breault said she was, "nervous but also excited to show the audience all of the hard work that the cast and

directors put in."

Amelia Valadas designed the set. Lighting was handled by Matthew Fontaine, Kacey Bailey, and Abigail Magee. Sound was done by Sean Buenaventura.

The leads in the play were very strong and worked hard on the vocals. They sounded polished and perfect on opening night. Even the smaller parts with ensembles were well choreographed.

For students who had grown up with this musical, the final scene really brought it all together and brought all the feels.





EQUAL. The wrestling team competed at a high level. Alexandra Formejster came in second place in MIAA girls all state wrestling on March 2nd, 2020. The team finished 5th place out of 45 teams. *below*

DIG DEEP. Senior Evan Wurszt works hard to get this ball through. The lions went all the way to the Western Mass finals this year. *right*

THREE-PEAT. The girls swim team secured their league championship for the third year in a row! *far right*



CALL THE WAY. Our winter cheer team did amazing, coming in 1st place for their D3 Western Mass championship on March 8th. They were supposed to compete on the 15th of March in the states competition but it was canceled due to the Covid-19 outbreak.





SPARK



Strength

"Strength is about more than just winning; strength is about enduring."

The Lions' athletic teams showed their strength in many ways over the fall and winter seasons. Several teams and individuals received recognition. While the boys and girls soccer seasons ended differently, the girls were very happy this year as a team. They were noted for their comeback from last year's season. The boys made it all the way to the Western Mass finals but had to stay strong and positive about their accomplishments even after a defeat to rival Longmeadow. Girls volleyball made it to the Western Mass quarter finals and even had two players compete in a Western Mass all star game. Our girls swim team went on to become league champions for the third year in a row! Even the teams that have struggled in years past have shown their strength. Our boys basketball team made it to the quarter finals.

Hear those Lions roar!



CAPTAINS CORNER

Varsity soccer team senior captains Tyler Goncalves, Anthony Quiterio, Michael Riley, Michael Tuck, and Evan Wurszt are all strong leaders who strove to have the best season they could.

Tyler Goncalves said his favorite part about being a captain was, "the chance to be a leader and have that level of respect from my teammates." As a captain it was important to set a good example by, "helping everyone out," said Michael Tuck. All five boys showed leadership, perseverance, and a great bond according to their underclassmen. teammates.



Persevere

Coming off a high from being 2018s Massachusetts state champions the Ludlow boys varsity soccer team needed to stay grounded and motivated. This season the team came out in 3rd place in the Massachusetts West Division 1 rankings. The boys defeated Central High School in the quarterfinals and then went on

"It's good to have a well-balanced attack, we don't want one guy scoring all of the goals."

to defeat Amherst in a 1-0 game with Michael Szewczyk goal that took a deflection off an Amherst defender and bounced into the net. But it was just what Ludlow needed to send the Lions to another Western Massachusetts Division I final.

Although the lions lost to their rivals, Longmeadow, in their attempt to capture another state championship, they showed true perseverance..

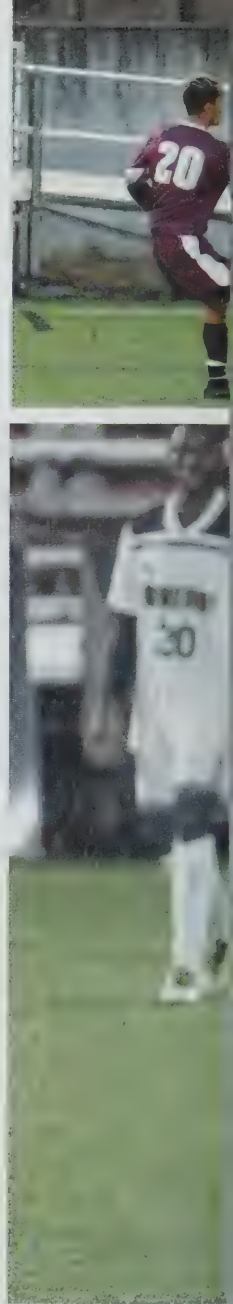


TEAMWORK.

Joseph Quiterio attempts to steal the ball away from his opponent. Meanwhile, freshman Samuel Cocchi positions himself in a way that will allow him to take the ball if Quiterio is not able to.



CONCENTRATE. In the rain, Bugra Gokcek receives a pass to keep away from the opposing side.





REJOICE. Adam Lima and Dominic Mancuso share a handshake in celebration of a scored goal.

FOCUS. Tyler Goncalves dribbles the ball while determining whether he should try to score a goal or pass to one of his teammates.



"Going out onto the field doing and what I love with the people I love, is what gives me motivation."

Matthew Cruz, 2020



"The feeling I get when I score a goal is unmatched. The feeling is what keeps me going, keeps me motivated."

Evan Wurszt, 2020



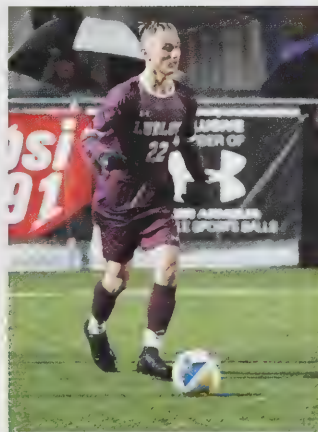
"The happiness that the whole team feels when we win a game is unbelievable. It is like for a moment everything is in slow motion and it is just us on the field. That is what keeps me inspired."

Nicholas Teixeira, 2020



What **SPARKS** your interest and keeps you motivated?

PRECISE. With a determined look on his face, Malik Serisser kicks the ball. He is eager to get it to one of his teammates in hopes of them making a goal.



What SPARKS your ambition and keeps you motivated?

"During soccer season I stay motivated by staying positive and working as hard as I can. When we all worked as a team and trusted each other it showed on the field."

Tatiana Larnas, 2021



"Being able to play with my friends and work as a team is the best motivation ever! Growing together like a family is the greatest ambition I could ever hope for."

Taryn Miller, 2020



"What motivates me and gives me ambition for soccer is being able to better myself every season. Also every time I play, it gives me a positive attitude and focused perspective."

Kayley Davis, 2020



Balance

"Focus on the journey, not the destination" (Greg Anderson). This season for the lady lions varsity team has been primarily about training and enhancing their skills. With a new head coach, Max Viera, the team has had to cooperate and be open to learning in new ways.

The team started the season with a smooth transition of a new coach. Luckily they paired quickly and were ready to hit the ground running. Senior

"Teamwork is the ability to work together toward a common vision."

Ryley Brault says "it was easy to bond with coach Maxi". Contrasting to last year, this years energy between the coach and team is a lot more balanced. When a team can easily pair with their coaches it makes the atmosphere better as well as the season.

Even though the girls weren't constantly winning, they still made personal achievements. Senior Jocelyn Trajkovski committed to AIC through her talented soccer skills. The girls are able to consistently work together as a team and lift each other up. They held team bonding dinners and created vibrant memories. Once again, the lady lions put all of their effort into every single game and practice.

Dodging Danger.

Midfielder Emma Cote drills the ball down the field away from the aggressive opponents who are ready to pounce. photo: left Beckie Bragga Photography





STARTING LINE-UP. The girls soccer team line up at the end of a game to congratulate the other team on a good game. It is imperative to have quality sportsmanship in any sport. Also it displays the spirit and dynamic of the stellar students of LHS. *photo: left*

KICKING IT. Senior captain Alexis Bragga punts the ball across the field towards the opposition's goal post. *photo: below Beckie Bragga Photography*



EYES ON THE PRIZE.

Captain and midfielder Olivia Crespo prepares to receive the soccer ball from her fellow teammate who guards the ball away from the opposing team. *photo: left Beckie Bragga Photography*

CAPTAINS CORNER

Dealing with leadership is no easy task and it takes a lot of work to unite a team. Baylee Edwards, Jocelyn Trajkovski, Alexis Bragga and Olivia Crespo rose to the challenge of working as team leaders. Jocelyn spoke about setting an example and "being a role model" so the team will "match [her] energy". There is a pressure to be above and beyond when being a team captain. Alexis said, "its fun to be a leader" and that she enjoys "having responsibilities and pursuing a leadership role". All in all, these ladies are an exemplar of a leading lion!



FOCUSED. Ana McDonald focuses on the ball while dribbling it across the field to pass to her fellow teammates. *photo: above*

Determination

"While playing volleyball, I am motivated by my teammates who are always supportive and cheer each other on. I am also motivated to just have fun for my last year playing the sport I love."

Sidney Kornacki, 2020



"Having a team that supports you regardless if it is a win or a loss is what makes the sport. The varsity team this year is so encouraging it makes you want to do your best."

Aaliyah David, 2020



"When playing the sport of volleyball what sparks my ambition and motivation is being part of a team and having good communication between everyone on the team. I also keep in mind to do the best I can in order to be one of the best."

Alexandra Formejster, 2021



What SPARKS your ambition and keeps you motivated?

Coach Jarvis set the goals for this years team; to learn more skills and make Tournament. He had great confidence in this years captains, Fiona Campbell, Sophia Giza, and Alyssa Moore, who are all seniors, to lead the team to victory. Last year s team had great strength in team chemistry and defense but lacked height and blocking abilities. The 2020 girls

"This years team worked really hard to get into tournament and it showed in everybody"

varsity team was ready to push harder than any previous year. "Learning new techniques everyday influences us to become a better team with better communication and trust" says senior Angela Tobiasz. They did a lot of core training, stair work, and plyometrics to build strength both physically and mentally. These girls worked hard and made it to playoffs but were defeated by Minnechuag Regional, with a score of 3-0. The team took this loss as motivation for next year, and

plan to work harder and come back even stronger. The five underclassmen on varsity this year are ready to push for the win next season and can't wait to show their pride through the sport they love.



CONCENTRATE

Senior Juliann Szemela focuses on getting the best serve possible.





SPIKE IT FOR LIFE .

On October 4th, 2019 at 7pm, the girls played against Wilbraham Monson Academy for the annual Spike It For Life foundation where all proceeds go to the Jimmy Fund which helps raise money for Dana-Farber Cancer Institute.

Audience members were encouraged to wear orange and purple to support the fight against cancer and leukemia.

CAPTAINS CORNER

The varsity captains, Fiona Campbell, Sophia Giza, and Alyssa Moore, who are all seniors, each had a great year playing the sport they love. Emotions were mixed as they played their last game of high school volleyball. "I was sad later that night after our last game, but the bonds I made with all the girls on my team are the reason I'm not super upset about the season ending," says senior Fiona Campbell. Alyssa Moore plans to continue her volleyball career in college, even if its just playing for a club.



TRACK Kiley Szlosek, 2022, looks to her teammates as she waits for her opportunity to hit the ball.

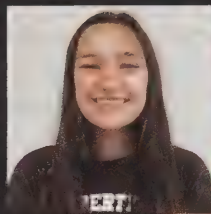
"The community of cross country is what sparked my interest to join. My motivation comes from the spirit and encouragement of my teammates."

Stephanie Martins, 2021



"What sparked my interest in cross country was that I knew it was not going to be easy. I wanted to challenge myself and prove that I could overcome anything if I put my mind to it."

Chloe Carroll, 2023



"My interest in cross country began with my love of running. Being able to compete at something I love is what makes cross country."

Sofia Tulik, 2022



What SPARKS your ambition and keeps you motivated?

Change

This cross country season, many LHS runners sparked growth and change within themselves. Coach Walsh has been coaching from 2002-2009, she started coaching again as of last year. So in total she has been coaching Ludlow cross country for 10 total years. She says, "improvement comes from hard work and dedication of the athletes. I create training schedules and coach them through workouts. But the improvements many of them have made are based on their dedication." She agrees that hard work and dedication from all the athletes is what sparks the change and improvement among the girls throughout their season. From start to finish, the girls support and encouragement for one another has sparked their own improvements. Numerous amounts of players have said that it was spirit and encouragement

from their team that made this season one of the best. Though the Lions didn't win every game, falling to Northampton, they had an exceptional year. Winning races against Minnechaug Regional High School, Agawam High School, and Westfield High School. There is something to be said about the outstanding record breaking runner, Kendyl Vermette. Kendyl is ranked statewide and this year she broke the Ludlow High School cross country record since 2013. Her first record breaking race was this year running a 5k in just 19 minutes and 39 seconds. This record was previously held by Deaven Theriault, a senior of the 2013 class. Every runner has shown tremendous support for one another. Freshman runner Olivia Fournier says, "Working with my team and pushing through was what really helped me improve."



Racing!
Junior Steph Martins competing in Stanley Park.





TOGETHER. Coach Gauvin and Walsh smile for the camera during a meet. *top middle*

STRONG Junior Chloe Bernard gives a strong finish to her race. *below*



CAPTAINS CORNER

Changing dynamics. This years captains; Kayla McKay, Gabrielle Walczak, and Gizzelle Abanador strive to change the dynamic of the team this season, they rallying the team together for their annul cheer . *bottom right*



TEAMMATES
Runners Kaityln Fernades, Gabrielle Walczak, Sofia Tulik, Kendyl Vermmete pose for a picture at Final race. *Bottom middle*



ALMOST Runner Angeina Provost racing to the finish line. *Bottom right.*

"I have always been interested in running so that is what sparked me to join cross country. My friends on the team give me the motivation I need during a race."

Aaron Stasiowski,
2022



"The idea of being involved on a team doing something I love is what sparked my interest in cross country. I get my motivation from my coaches and teammates."

Jacob Vautrain,
2020



"I joined cross country freshman year because I love to run and thought it would be interesting to join the team. My family, friends, team, and coaches give me motivation to keep pushing myself to perform to my best ability."

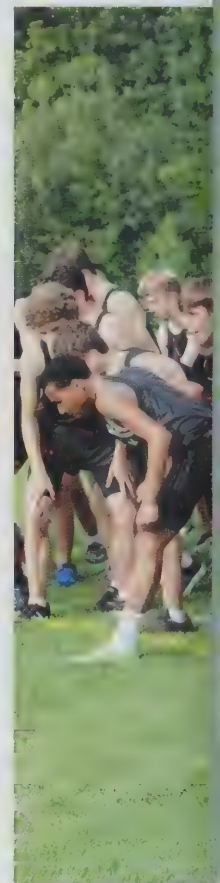
Johnny Jaworski,
2020



What SPARKS your ambition and keeps you motivated?

Distance

This season the boys cross country team focuses on the idea of team work to spark motivation in one another. "We are a team and we win or lose together," Coach Gauvin says those are the words she used to let her runners know they aren't alone. This motivation was shown to work since many runners had new personal records throughout the season. The team was able to beat Westfield who is one of their rivals this season and closely fell to their competitor Agawam by a point. Captain Brian Beem said, "We have learned to handle losses and wins together by focusing on the fact that everyone ran their best!". Although the team lost to some of their other close competitors they succeed at PIVAC's and westernmass. They also competed at the Brown Invitational in Providence, Rhode Island placing 32nd of the many teams there. Darius Housey broke his personal record at Western Mass with a time of 17:41 making him the 3rd fastest runner in Ludlow's history. Although the team didn't accomplish their goal of winning half their meets they accomplished the goal for every runner to run under 30 minutes. They also accomplished another goal of running at states. Darius Housey will be representing the boys



PUSH THROUGH IT.

Senior Johnny Jaworski runs towards the finish line with his teammates close behind him.





CELEBRATE. The team huddles up before the meet begins and spark motivation in one another.



2020. Seniors Ryan Moylan, James Elliott and JP Collins lead the team to the starting line.

CAPTAINS CORNER

Senior captain James Elliott has played a major role on the boys cross country team over the last four years. He always inspires and encourages not only himself but also his teammates to perform to the best of their abilities. Elliott stated, "This team is like a family and all we want is to see everyone succeed." Jimmy will be greatly missed by his underclassmen team mates and coaches next fall.



STAY COOL. David Keroack runs with a focused and determined face as he goes throughout the course.

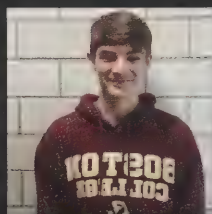
"I have always used football as a way of getting out frustration. But since I started to play in high school it became less about me personally and more about working hard for your team and helping the player next to you."

Joshua Saloio, 2020



"My teammates and friends are my sources for my motivation and ambition. My love for the sport is another thing that motivates me to play."

Michael Sternowski Jr.
2023



"Getting out there on the field and helping my team is what motivates me and using their supports plays a big role."

Michael Clemente
2023



What SPARKS your ambition and keeps you motivated?

Tough

Opening the season with a big win 41-8, against Commerce High School, sparked unity and confidence within the lions.

Although the ending of the season was not what they hoped for, they overcame individual and team struggles. Two of their captains and several key players were injured. Chantz Mc Lean tore his meniscus during a scrimmage. Fellow player Carson Kowalski dislocated his elbow during the first play of the game against South Hadley, also only the second game of the season forcing him to sit five games. The injuries of two captains and the several key players stalled their early season momentum. While dealing with other hardships, feelings of stress yet motivation ran through both players and coaches, having coaches yell because of their "lack of urge and heart" said by Coach Ray. But with the seniors leading the way, the younger players felt a spark of confidence and certainty that

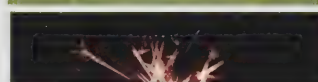
they will work as a team and get through together.

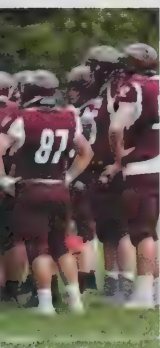
Senior captain Mattingly Provost says "After this season my football days are done, but I will forever cherish the memories and lessons the game has provided". Although the season did not end well, the team ended with no regrets and a sparked a feeling of satisfaction and accomplishments.



TACKLE!

Junior corner, Jake Manewich seals the edge on Commerce's running back James King Jr..





SCHEME. The team meets with Coach Ray Saloio during a timeout to listen to new adjustments in play. Left.

HYPED. After the coin toss, the captains return to get their team hyped up before kick off. Below.



SCORE! Junior Jamonte Beckett had a close call until he outran nearby Commerce defenders. This sparked Beckett's determination to make the goal.

CAPTAINS CORNER

The captains, Carson Kowalski, Chantz McLean, Mattingly Provost and Nolan Ayers, worked hard to set an example for their teammates. They brought their energy and passion to every practice and especially game day. Senior captain, Provost, stated, "we learned a lot about ourselves and how hard we have to work together in order to find success." They believe the biggest role as a captain is to instill positivity amongst the team. This is the last season for three of the four captains, McLean, Provost and Kowalski and they leave the memories, honor, and lessons the game has provided. Kowalski hopes to continue to play football at Westfield State University. McLean will be headed there as well. Provost will be focusing on academics where he decides to attend.

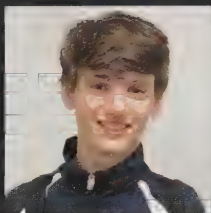


START!

Timothy Del Negro starts the game on kick off with his team beside him.

"I started playing golf last year. It started as a way to connect with my grandfather who loved the game, but I ended up really liking it too. I was surprised how many other kids golfed. On the team, Evan Libby motivates me. He always takes time out of his own game to work one on one with me and I appreciate that."

Colin Skelly, 2022



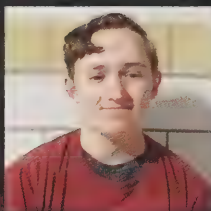
"My grandpa inspired me to play golf. I like the sport because it is peaceful."

Eric Croteau, 2022



"My friend started playing, so I started to play with him. I also thought the sport was interesting. What motivates me is I like having a good time."

Connor Gravelin, 2022



What SPARKS your ambition and keeps you motivated?

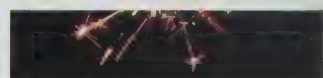
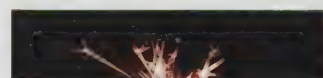
Gains

The varsity golf team had a rocky start, but turned their season around. They won several games later in the season and ended the season with a close game against rival Minnechaug, in which they fell, 178-160. Their closest game was against Belchertown High School; losing by one point due to a tiebreaker. They fought hard and had fun.

"What motivates me is the fun. It is relaxing and peaceful to me."

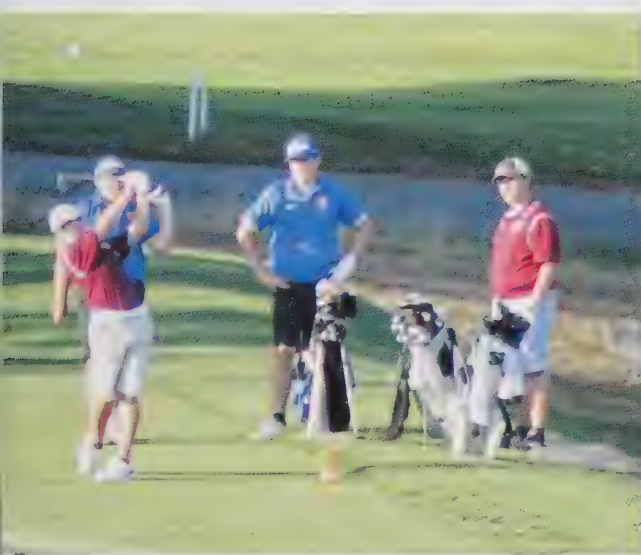
Several players credit their teammates as their primary motivation, while others believe it to be their family. Amongst these losses, there were wins as well. They defeated Northampton by eight points. At the end of the season, Coach Anderson said, "It is all about the players. The season was a success and very positive." Junior Evan Libby also participated in the Western Massachusetts finals, placing second.

POWER:
Colin Skelly, sophomore, winds up to strike the ball as hard as he can with his irons, in hopes of making it to the green in three.





FORE: About to strike his ball, this Ludlow golfer gets into position.



EXCITEMENT As Evan Libby (middle) hits the ball, the air is filled with tension and excitement. (left)

CAPTAINS CORNER

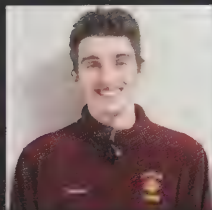
The captains of the golf team had a lot to say about their performances during the season. Captain Evan Libby made it to Western Mass Championships this year. He shot 82 points and placed second. He said that this wasn't his best performance, and the competition was fair, tough, and good. Cam Smith said that he got into golf because his whole family plays it, and he enjoys playing because he has a great time with his teammates. Lastly, captain Matthew Tibbitts said that he might continue playing in college and that his greatest achievement this year was becoming captain. He liked his team and his favorite golf club is the pitching wedge.



CONCENTRATION: Junior, Jacob Dufour, has his head in the game as he prepares to swing and strike the ball.

"My motivation this season is to see improvement from myself as well as my teammates to have the best season possible."

Anthony Fortune, 2020



"I love to be successful and win and enjoy seeing this feeling among my teammates."

Malik Serisser, 2020



"This was my first year being on varsity and I have pushed myself everyday to earn a starting spot."

Joseph Villano, 2021



Power

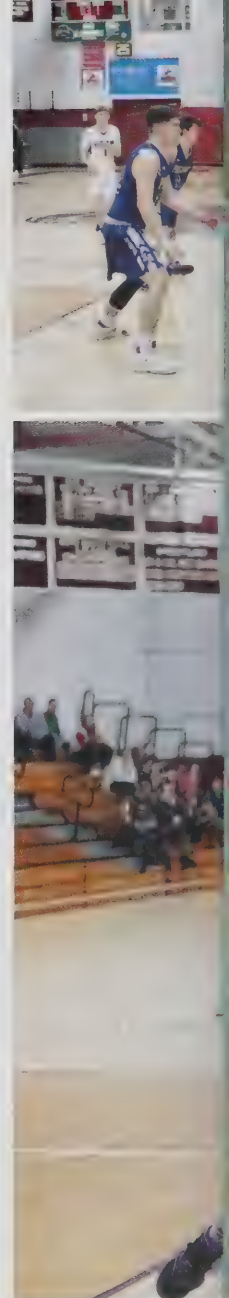
The lions basketball team had their best season in recent years with an overall record of 10-11.

The lions managed to qualify for the quarter finals in the Western Massachusetts tournament. Where they would suffer a heartbreaking defeat to Longmeadow. Senior Anthony Fortune was a key piece to the team's success through his plays down low on both ends of the court.

This was a big piece of the puzzle which led them to earning their first playoff spot in 15 years. Juniors Joshua Hurst and Ethan Schwartz also played key roles during their time on the court, being threats below the arch which would open things up on the inside.

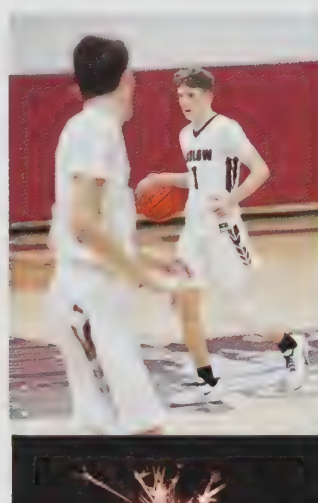
"We learned to only report what was new and different in the current year," sophomore Anna Katherine Schleisinger said. "Then, Steve taught me I shouldn't actually write it from my desk, but to get out and talk to people face-to-face and use their words. That's a

big difference."



Shoot!

Junior guard Joshua Hurst fades away from a few feet out over a Smith Academy defender.





CAPTAINS CORNER

First year player and captain, Tyler Goncalves, was surprised and honored to be chosen as a captain. Tyler said that, "I always wanted to play basketball and decided to really take advantage of my senior year."

Goncalves sees his role as a captain to bring discipline and structure to practices. It is one of the reasons he thinks the team is having a successful season. Goncalves thinks that in college he will probably play on an intramural team. Nicholas Teixeira believes that mentoring the underclassmen is where the team has really strengthened. He said, "Our chemistry has really improved." The final team captain junior Tom Hitchcock was sidelined with an injury.



REACH! Senior forward Anthony Fortune reaches for the loose ball off a missed shot over Smith Academy defenders.



"This year everyone is so enthusiastic and eager to get better and to accomplish our goals. This team is very uplifting and creates a positive atmosphere. They are teaching me many great lessons about the sport of basketball but also lessons about life."

Jacinda Hewes, 2022



"What sparks my passion and motivation to play the sport is to be able to feel accomplished and improve moving forward while playing with good friends of mine."

Julia Brillo, 2021



"I love basketball and if I'm going to do something I love, I'm going to put my all into it."

Alivia Hamel, 2023



Growth

On a team of mostly upperclassmen and a handful of underclassmen, Coach Brillo set this year's objective for the team; to win games. Last year's team struggled with putting points on the scoreboard, but this year he hoped it would be different. Brillo said, "The purpose of this team is to build a strong

"I don't even look at the score and play as if it's 0-0. I know I can't get in my head because I'm not only playing for myself; I'm playing for my whole team."

culture that will help our athletes grow as a team as well as individuals." Everyday at practice the girls worked hard to get better. They did drills and utilized the weight room, but Coach Brillo also challenged the girls mentally to maintain a positive mindset regardless of the result on the floor.

Despite having a tough season with mostly losses, the team came out motivated to push themselves even harder for next year.

TEAM.

Julia Brillo, number 24, and Mikala Stefanelli, number 20, high five after a winning shot for Ludlow.





SCORE. Sophomore Aubrey Rosenblum and Senior Kayla McKay go into high five after a successful basket before a game.

TEAMWORK. Catarina Pires, Jacinda Hewes, Mikala Stefanelli and Ela Kopec work together in trying to get the ball from a rival player. When it comes to such a hardworking and competitive sport, the girls basketball team knows how to come together and show great teamwork and sportsmanship.

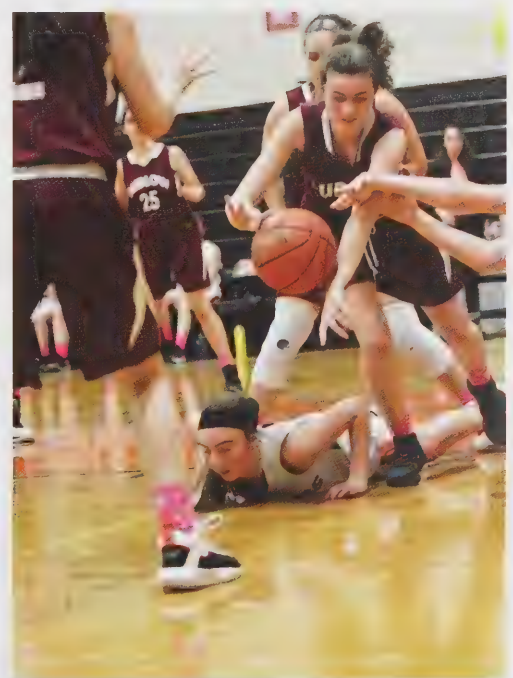


CAPTAINS CORNER

"This season has been amazing because of the supportive teammates and coaching staff," senior captain, Kayla McKay said. This is Kayla's final basketball season at LHS. "Being captain this year felt like an honor because when I was an underclassman on varsity I would aspire to be like my captains and help encourage and motivate the team." Kayla said "Being captain this year allowed me to encourage my teams to keep a positive mindset and attitude and motivate the team to work and learn from each game we competed in." Although she was undecided about where she was going to attend college, McKay was headed to post secondary education.



FOCUS. Junior Sara Costa goes to block rival team from getting the ball.



BALANCE. Freshman Kylie Gauvin, number 5, attempts to keep the ball in control after opposing teammate takes a fall.

"My love for the fast paced environment of the game along with me enjoying the sport and every aspect of it. Also how the sport suits me."



Joseph Pires, 2021

"It is how competitive the sport is. It is amazing what a team of 22 guys with sticks and blades for feet can accomplish in an hour."



Anden Bavieri, 2022

"I love the fast pace of the game. I'm motivated to play my best because nothing compares to the excitement of scoring a goal."



Benjamin Corbin, 2023

Skate

The hockey team had a year of growth. With a very young team, they knew it was going to be tough. Still they managed to squeak three wins into their season. Although it was a negative blow to the team's morale, they managed to try their hardest and continue playing as well as they could have. Not all other

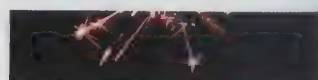
"I like the intensity of this sport."

games were losses, though. They managed to tie in two other games. With really nowhere else to go but up, the team has a shot at getting a better season next year. Due to the team being so young, as they mature and their play improves they will be building towards a much stronger season.

SLIDE. Anden Bavieri, number 28, skates away from his opponent. Left

CHARGE. Owen Fradette, number 6, dives for the puck. Middle

DEFEND. Tyler Charest, number 31, stands in front of the goal, ready to block incoming shots. Far right.





SKATE. Samuel Cocchi, number 11, glides upon the ice. Left.

TEAM SPIRIT. Multiple members of the team stand with each other right before the game begins. Bottom.



CAPTAINS CORNER

All three captains had something to say about their season. Both senior captains, Joshua Dagenais and Humberto Terrinca, said that their biggest achievement this year was bonding with their team. While sophomore captain Colby Palmer said that overcoming adversity as a team was his biggest achievement. Colby feels honored to be a sophomore captain and likes that the sport relieves stress. Humberto and Josh say that they will continue to play in the future, especially during college.



FRIENDSHIP. David Walsh, number 2, Collin Siwicki, number 5, and Nikolaus Soja, number 21, stand together before a game.

Distinguish

"Racing is a way to get away from all the stress of school and life, and to put all my focus towards something positive. Skiing is a combination of outdoor fun and knocking down trees with you face."

Jessica Parker, 2020



"My passion and motivation for skiing is sparked by the energy and exuberant feeling I get from racing. As I barrel down the hill dodging the gates, there is no better feeling than crossing the finish line and looking back at the mountain and seeing what you just accomplished!"

Marissa Balbino, 2021



"It is a good time. You ski for free and hang out with your friends."

Devon Santos, 2022



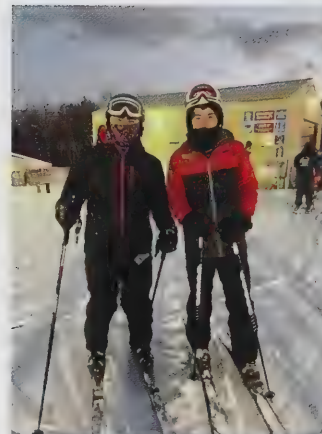
The coed varsity ski team had an overall great season with many racers who improved their personal race times and placed first during their races. There were eight seniors on the team this year, and they said they had a great season. Senior Jessica Parker said, Many of the racers said they loved the sport and will continue the sport next year, in high school

"Ski as a sport, makes you work on your personal goals while making you a skilled and competitive racer."

and in college. Many of the racers had a successful season. Joshua Saloio conquered the slopes and made sure that every run he went and did his best. Jacob Wadas becoming a Captain his Junior year of high school because of his determination. Miranda Balbino with her positive attitude help lead any of the incoming freshman or the new skiers.

FUN

Marissa Balbino skis down the mountain on individuals day, in her zebra onesie.

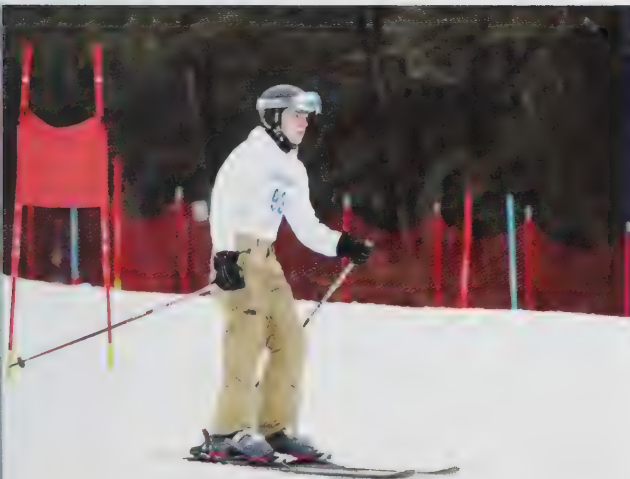




SWIFT Jessica Parker races quickly through the course.



CONCENTRATION Joshua Saloio looks ahead to see who is ahead of him and how far the finish line is.



ADRENALINE
Liam Smyth finishes his race and beings skiing back to his team.

CAPTAINS CORNER

The captains of the ski team had many achievements this year. This year there was a junior as a captain, Jacob Wadas (#96 below), whose greatest achievement this season was becoming captain as a junior, ans that his goal is to get a seated bib. Emilie Hoffmann's greatest achievement as captain was watching all of the skiers who were new at the beginning of the year, make it down the race course by the end of the year, and she plans on continuing to ski in college. Miranda Balbino's greatest achievement was watching her girls work hard every week, and going down Slalom despite their fear. Miranda also plans on joining a club in college to continue racing. Lastly, captain Noah Cabral said that his goal is to get a better time on slalom, and his greatest achievement was cutting his GS time in half. He also wishes to continue skiing in college. The captains main jobs were to help organize the racers and keep morale up.



MEMORIES

The senior girl skiers pose for one last photo together on the mountain.

"What sparks my motivation to swim is being able to participate in a sport that I love. I practice my skills and always try to beat my personal records during every meet."

Karalynn Aguilar, 2020



"I have been swimming since the fifth grade. I love being able to compete with my swim family. We always motivate each other to do better which sparks my passion to swim."

Rebecca Hall, 2020



"What sparks my passion to swim is knowing that each meet or practice brings a new challenge. We overcome these challenges as a team which makes us stronger and grows us closer together."

Emma Wehner, 2023



Dive

The lions swim team has dived into another great swim season.

This year the team once again qualified for the WMASS championship along with sending four of the teams swimmers to states.

This year senior captain Adam Wehner along with his fellow teammates Aaron Turgeon, Luke Page and Tommy page represented Ludlow High School at states. The boys participated in the medley relay.

qualified the girls for WMASS which they preformed very well at. It was a great way for the seniors on the team to end their high school swimming careers and also was another successful season for the lions swim team.

"The more we support one another, the stronger this team becomes."

This was a huge success for the team. Along with this great accomplishment Turgeon broke his own school records in the 50 and 100 free with times of 23.43 and 51.86. Turgeon also competed in these events during states. Coach Pennington states

"I'm very proud to have my swimmers qualify for states again. It shows that hard work pays off."

The girls on the swim team also has a very successful season by securing the league title. They finished the season with an 8-1 record and 5-0 for the constitution league. This

BACK STROKES.

A member of the lions swim team holds their breath as the swim their fastest down to the ends of the pool.
photo:
Bottom left





LOOKING ON. Senior Rebecca Hall watches her fellow teammates competing in a race. photo: Top left

ALL IN. A swimmer on the team gives it their all to while they race down the lanes of the pool. photo: Below

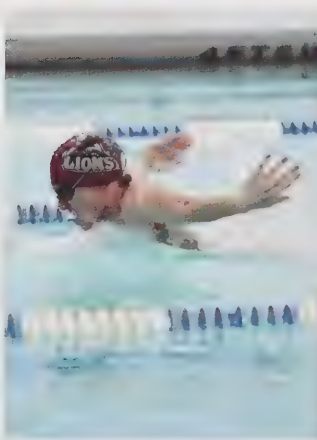


ALMOST THERE.

A swimmer on the lions swim team gives it everything he's got to finish his lap to the other end, completing the race. photo: left

CAPTAINS CORNER

This season senior Adam Wehner was captain of the lions varsity swim team. He helped lead both teams through a very successful season. Adam personally had a strong season qualifying for both WMASS and states. Adam stated, "this season was a great way to end my four years on the team. I couldn't more proud of my fellow swimmers and cannot wait to see what the future holds for his team." Adam, isn't sure if he will continue swimming in college but says it will always be a part of who he is.



STAY FOCUSED. A member of the boys swim team focuses on the win ahead of him. photo: above

What SPARKS your ambition and keeps you motivated?

"What inspires me and sparks motivation for indoor track is working hard to succeed and having fun."

Kassandra Muise, 2020



"High jump is my favorite event in track and indoor allows me to work at and improve these skills in preparation for the outdoor season, while having a good time with my amigos."

Maegan Santos, 2020



"Watching Maegan be the icon she is inspires me to try my best and work hard to be as successful as possible. Indoor helps me work hard to improve my abilities and it allows me to prepare for the outdoor season."

Mari O'Shea, 2020



Improvement

Every year the goal for indoor track remains the same; "to see improvement from each and every athlete," according to Coach Walsh. Indoor track focuses on improvement and individual progress. The explanation is if everyone succeeds, then the team succeeds. And by becoming better athletes, LHS will have a stronger athletic program.

"If everyone improves, then we will be a stronger team"

Coach Walsh has been leading the Lions indoor track team for almost two decades. His concerns for the team was their "depth", but their strengths are their "standout performances" said Walsh.

This season, the lions performed pretty well as a whole. Eleven exemplary athletes qualify for the Western Mass meet. Looking into the future, the underclassmen seem to be rising stars.

IN THE ZONE.
Sophomore Hanna Park looks focused and determined to finish the race strong and in perfect timing.
photo: left





STELLAR SPORTSMANSHIP. Some of the boys from the team cheer on their fellow teammates to show support and encouragement. *photo: left*

HEAD-TO-HEAD. Freshman Rayah Landers goes toe to toe against her running competitor from Putnam High School. *photo: main photo*

FAST AND FURIOUS. Senior John Collins looks set on racing towards the finish line during a meet. *photo: main photo*



HIGH STANDARDS. Junior Kendyl Vermette lunges over the high bars attempting to go over the bar while simultaneously avoiding hitting the bar. *photo: left*

CAPTAINS CORNER

For indoor track all of the seniors become captains and led the teams. Their main purpose is to lead warm ups and set an example for workouts. They also cheer everyone on during their events. The captains for the girls team are; Alexis Bragga, Cassandra Muise, Mari O'Shea, Maegan Santos, Jocelyn Trajkovski, Alexa Palazzi, and Grace McCarthy. The captains for the boys team are; John Collins, Peter Mentekidis, Chantz Mc Lean, Ryan Moylan, Jake Wyllie, Mattingly Provost, Johnny Jaworski, Brian Beem, Jacob Vautrain, Anthony Vieira, James Elliott, Kyle Goncalves, and Logan Flagg. *photo: below*



POWER MOVES. Senior Alexa Palazzi uses all her strength throwing the shot put ball. *photo: above*

"My motivation derives from winning and doing the best for my team."



Louis Greenwood, 2022

"I am motivated by my team and I am forced to work harder in order to be the best me I can be."



Antonio Goncalves, 2023

"I am motivated to work hard and give it my all and I like wrestling."



Donovan Dwyer, 2023

Adapt

Wrestling is a very difficult sport to succeed in. Even though wrestlers are matched based on their weight class, that only makes it harder because they have to adapt their moves to overcome a challenging opponent.

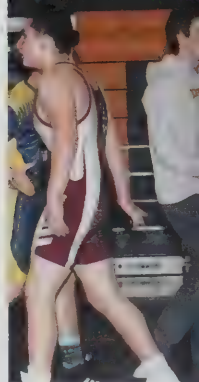
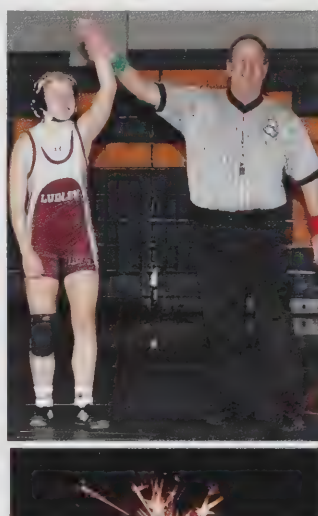
With mostly losses on the scoreboard, it would seem hard to find a silver lining in this years season. However,

"This sport is not just incredibly physical but also involves a lot of mental toughness."

it was the girls that carried the young team. Junior Alexa Formejster on her second-place finish at Saturday's MIAA girls all-state wrestling championship at Methuen High School. Alexa battled hard but came up a bit short against Holyoke's Ishani Morales in the 129 weight class. As a team, the Lions finished 5th out of a field of 45 schools. joining Alexa at the state tournament were teammates junior Alora Bertini and senior Gabby Walczak. Congratulations to the girls, Coach Garone and Coach Williams.

PARTNERSHIP.

Teammates help push and motivate each other in order to ready and boost confidence for the match.





SPORTSMANSHIP.

After the match our lions represented mutual respect, kindness and honor. Whether we won or loss we spark with.

DEDICATION.

Alexandra Formejster shows her strength and commitment while wrestling a boy from the opposing team, taking the win. Far right middle.



COMMITTED.

Our wrestler uses his skill and techniques he worked on during practice to take the win against the opposing team.

CAPTAINS CORNER

As captains of the team, they hold major responsibility. Leading warm ups, making sure the team as a whole is physically and mentally prepared to wrestle everyday. A captains duty is to encourage even when spirits are low, they look to spark hope and determination in their players as well as themselves. Senior captain Gabrielle Walczak says she would like to "occasionally visit the high school to help the team out when I can" while going to college. Showing that this team continuously spark motivation and pushes each other to be better, forming a family. Leaving her fellow captains, Gabriel Simard, Michael Gilrein and Antwone Webb, to step up.



DETERMINATION! Gabriel Simard is preparing for the match, determined to win.

"What really sparks my interest in cheer is the fact that its all about teamwork. In order for the stunts to go up or the routine to look good, we have to work together."

Nikolette Sullivan, 2021



"The fans and how amazing the team is sparks my interest in cheer."

Angela Falcetti, 2024



"What sparks my passion for cheer is the way the coaches push to do best everyday and motivation from teammates."

Margaret Dowling, 2022



Spirit

The Lion cheerleaders had an amazing season. The main focus for the 2020 season was teamwork. Captains Jacqueline Doucette, Alexandria Morris, and Nickolette Sullivan made it a priority to bring the team together to create an unforgettable season. Sophomore Nicole Audet said, "Everyone on the team supports and encourages each other to become the best cheerleaders we can be. We communicate to push through our routine and finish it strong."

One thing that changed this year was the squad got all new cheer outfits. The look was much more updated as it featured not too much sparkle and being, but just the right amount.

It certainly was not an easy season, but the Lions put in much teamwork and effort into every performance. They plan to continue performing using teamwork and spirit.

Their dedication certainly paid off when they made it to regionals and then onto states!



FINISHING STRONG.
Lions on the sideline performing stunt.

Bottom left





UP IN THE A.

Nicole Audet gets lifted into the air during boys basketball game. *Top middle*

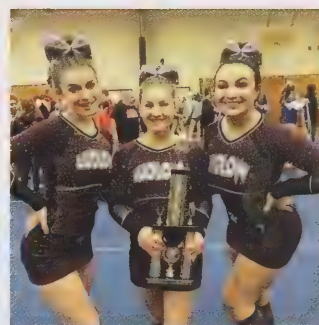
BIG FINISH. Lions perform complex stunt to finish the night. *Middle*



BALANCE During a basketball game, cheerleaders lift senior Brenna Sylvester into the air for stunt *bottom middle*

CAPTAINS CORNER

Captains Jacqueline Doucette, Alexandria Morris, and Nikolette Sullivan were a big part in making this season one of their best. Throughout the season they have encouraged all members of the team to work hard and work together. Nikolette Sullivan said, "Cheerleading has really motivated me to work hard and push myself so I don't let down my team." Jacqueline Doucette agrees, "As a captain I try to keep a positive attitude at practices." Similar to her fellow captains, Senior Alexandria Morris says, "My role as a captain is to prep my teammates for the events we perform in throughout the seasons." Their continuous dedication to the cheer team has certainly paid and created a season they will never forget.



SKY HIGH Senior, Brenna Sylvester holds a leg stretch in air. *bottom right*

WHAT SPARKS YOUR EXCITEMENT AS A FRESHMAN?

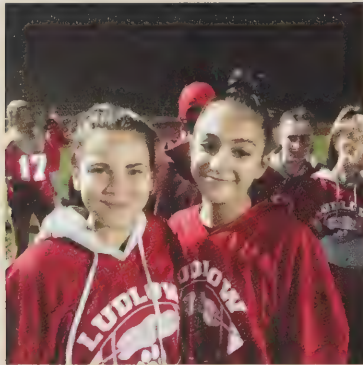
"When I think of Freshman year I think of all the future experiences of high school that I will get to do. The key points that get my attention and make me excited is probably the thought of new club to enjoy, being able to finally join school sports, and the new class subjects .

Mina Vickers, 2023



"Having some of my closest friends at school and enjoying the topics we learn in classes."

Shealee Cavanaugh, 2023



ALL FUN AND GAMES.

During the Winter Spirit Pep Rally, the freshman were nervous and excited to experience high school student life. Pictured is a group of freshies who cheese for the camera with anticipation for what's about to happen. photo: left



FRESHMAN FLANNEL .

During the fall spirit week, the freshman did not come to play on flannel day. Although they struggled to beat the upperclassmen, they managed to do good for a freshman class. photo: left.




FRESHMEN



SPARK

2023



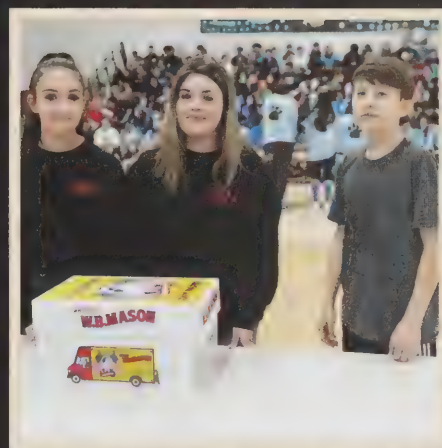

With a new school
transitions comes new
adventures and
challenges to
overcome!

Freshman year is the introduction of becoming a high schooler. As eighth grade prepared students to become freshman, this year is for maintaining high school life and struggles.

Freshman have to adapt to new workloads and teaching styles. They learn to become responsible for their own work and not being reminded what to do. Freshman also have to learn how to get to their classes and their class schedules.

This is the year for every class where they get most of their foolishness out and become mature as they grow up.

The next three years they will be thinking how much easier freshman year was and wishing they could go back! To the class of 2023, enjoy your time as freshies and get ready to blossom at Ludlow High School!



LET THE GAMES BEGIN!

WINTER CHALLENGES. One of the pep rally class challenges was to put together a snowman with the given materials in the box. Pictured above are three freshman who signed up to do the winter spirit activity. photo: above





HEAT OF THE MOMENT.

Charelee Ramos captures the essence of the rising sun during a hazy school morning. photo: left corner

PICTURE PERFECT.

Fatuma Mire shows the depth and dimension of the camera in the frame that she shot. photo: right

REMEMBER.

Shealee Cavanaugh shot a beautiful photo of Sgt. Joshua D. Desforjes' memorial. photo: far right



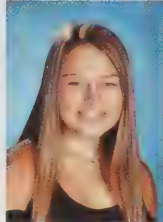
MA AYANNA CATHERINE
ACASIO
LUKE AFONSO
MOHAMMED AL JASHAAM
JETTA ALBRIGHT
KATRINA ALVES
SHELBEY AUCLAIR
CAITLYN AUTHIER



MAGGIE AYERS
ZANE BAUER
AVA BENARD
EVAN BEWSEL
AVERY BLEAU
KAYLA BOURCIER
MERCEDEZ BOUSQUET



MIA BRADWAY
AERYANNA BRAMLETT
EVAN BROUILLETTE
ALEXANDRE BROWN
CAMERON BROWN
ALEXANDRA BUNKO
RYLEY CABEY



FRESHMEN



PEYTON CABRAI
JALEN CAMACHO DANTAS
ADAM CAMPBELL
SERENITY CANALES
CHAVELLE CARLSON
GRACE CARON
CHLOE CARROLI

KAYLA CARVALHO
SHEALEE CAVANAUGH
ERIK CHALUE
GAGE CHARETTE
ECHO CHARTIER
LUIS CHAVES
GAETANO CIRILLO

GIUSEPPE CIRILLO
CAMERON CLARKI
JUSTIN CLEMONS
SAMUEL COCCHI
JULIA COLSON
LEANNE CONROY
BENJAMIN CORBIN

ANTHONY COSTA
JACOB COSTA
MICHAEL COSTA
DAMIEN COWLES
ABIGAIL CRUZ
RYAN CRUZ
MELINA CUST

BEING A FRESHMAN

The Start for the Class of 2023

Being a freshman in high school can bring some exciting and stressful moments throughout the year. You experience your first football games, pep rally and all the sports you can be apart of. But you also experience your first midterms or honors classes.

For the class of 2023, freshman year has had its ups and its downs. Coming into the school year was sometimes overwhelming with all the new things to learn about school and this to know to succeed in high school.

Some of the freshmen explained, "School work would be sometimes challenging. It was always back to back and got stressful and

hard to manage."

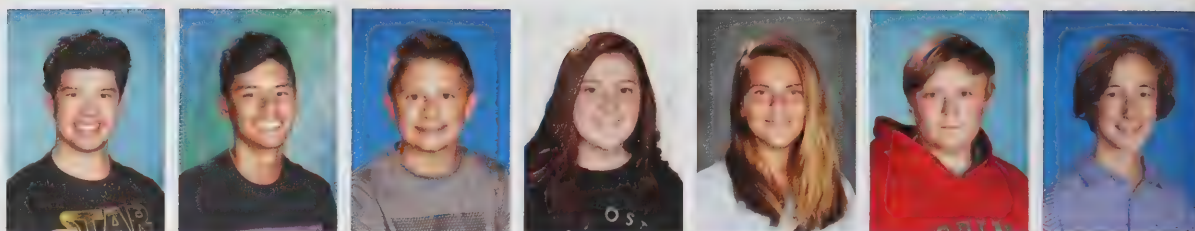
Besides the hard work, the freshmen got to experience playing their favorite sports such as participating in soccer, volleyball, basketball etc. They are able to form a new team of friends and share the memories of playing the sport.

This year will for the class of 2023 will be remembered. It will be the year where new friends are made and new experiences happen.



POWDERPUFF 2019. On Monday October 28, 2019, the Freshman proudly wear their class color red jerseys and are cheering their other team players on and their first Powderpuff.

ETHAN DAUBMANN
BRADY DEBARGI
MICHAEL DEL NEGRO
MYA DEPINA-LEANDRO
EMERRA DERSARKISIAN
SCOTT DESMARTEAU
ALEXANDER DIONNE



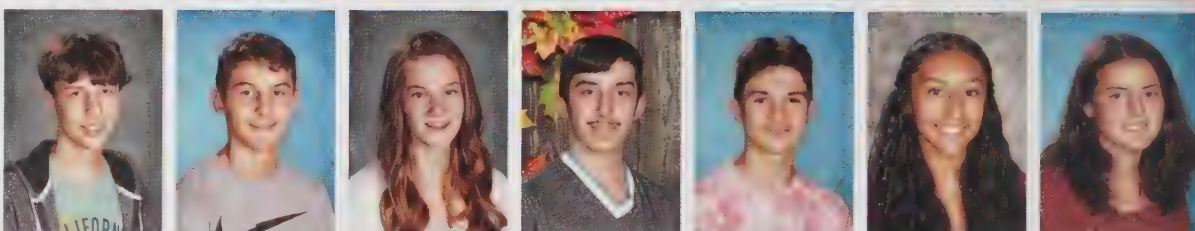
RORY DIVENUTO
BRENN DO NASCIMENTO
SIMOES
ROSA BELLA DOS REIS
JAMIE DUCHESNE
DONOVAN DWYER
HANNAH ENOS
NICOLE ESEMPIO



ALIDA ESTRADA REQUENA
ZACHARY FAGONE
DRU FAIRTHORNE
ANGELA FALCETTI
MATTHEW FAVATA
ISABELLA FERNANDES
OLIVIA FERRERO



CAMERON FOLEY
MICHAEL FORMEJSTER
OLIVIA FOURNIER
CAVIN-AARON FOWLER
JACOB GARCIA
AINELIZ GARCIA-CRUZ
KYLIE GAUVIN



BRANDON GERMAIN
QUINN GIEBNER
KELSEY GILREIN
EFE GORCEK
MATTISON GOLLMAN
ANTONIO GONCALVES
JONATHAN GONCALVES



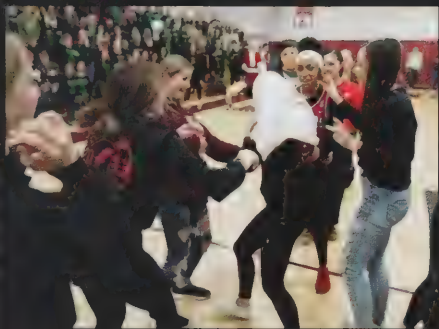
GABRIELLE GONSALVES
JACOB GOODWIN
JOSHUA GRANDFIELD
CAYDEN GREEN
MARCEL GREENE
SAMUEL GRYWALSKI
AIDAN GUTIERREZ



ALIVIA HAMEI
AIDEN HERVIEUX
TYLER HICKMAN
KYLIE HUA
ALYSSA HURST
MIRAC IBAS
ALEENA IODLOVSKAYA



FRESHMEN



INDIA IWANIEC
EBRU KARAARSLAN
EMRE KARAARSLAN
ASHLYN KEATING



RYAN KENNEDY
ZACHARY KLIMEK
EMIRHAN KOC
JOSHUA KOSNICKI



ADAM KRUTKA
CAYDIN KUSZEWSKI
JAYCE LABIER
DESIREE LAFOREST



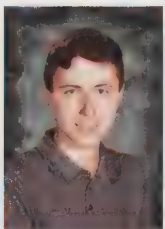
KEIRA LANCASTER
RAYAH LANDERS
KILEY LARIVIERI
ELISE LAVELL



ALEXA LAVIGNI
AIDAN LEARY
NATALIE LIBBY
AARON LITTLE



SHANNON LOFTUS
RILEY LONDRAVILLI
MICHAEL LONGO
ANJALINA LUBARSKY



KAYLEE LYMAN
ANDREW LYNCH
JESSICA MAGEI
KATIE MALAQUIAS

ANTONIO MARION
 MARISSA MARQUES
 MARISSA MARSHALL
 ANTHONY MARTINS
 GABRIELLA MARTINS
 JULIA MATEUS
 ANDREW McDONALD



LIZETTE MENDEZ
 MATTHEW MENDEZ
 JAYCOB MERCADO SKERRETT
 ELIZABETH MILLER
 FATUMA MIRE
 HAILEY MONETTE
 KATELYN MORRIS



PAIGE NALLY
 MAKAYLA NELSON
 HENRY'S NGUYEN
 ALEXANDER NICOLI
 OWEN O'SHEA
 ASHLEY OGORZALEK
 MADELYN OGORZALEK



LILLIAN OLIVO DIAZ
 OLIVIA OUELLETTE
 GRACE PAGE
 TOBY PAGE
 NINA PALMER
 JACK PAQUIN
 SKYLAR PARENTE



MASON PELTIER
 DILLON PEREIRA
 KATELYN PEREIRA
 NATALIE PEREIRA
 JULIAN PESSOLANO
 MADELYNN PHILIBOTTE
 CALISSA POLICARPO



EMILY POULIOT
 MORGAN PRESNAI
 KYLE PROCON
 ASHLEY QUITTERIO
 TYLER QUITTERIO
 CHARELEE RAMOS
 WILLIAM REED



ANDERSON REYES-DELEON
 BENJAMIN RILEY
 MCKENZIE RIVERA SMALL
 ELLA ROY
 ANTHONY SALOIO
 JENI SANCHEZ
 AUSTIN SANTOS



FRESHMEN



BENJAMIN SANTOS
MATTHEW SANTOS
RONALD SCHNEIDER
BRAEDEN SCHWARTZ
CARLIE SCHWARTZ
ABAGAYLE SHOWALTER
ALYXA-RAY SHOWALTER

AIDA SMITH
DREW SMITH
LAURA SOTIROPOULOS
SENDER SOTO VELIZ
JOCELYN ST. PIERRE
MIKALA STEFANELLI
MICHAEL STERNOWSKI

LUKE SUNDERLAND
MADISON SUNDERLAND
VICTORIA SURREIRA
GIANNA SWIATLOWSKI
KEITH SWIDERSKI
ISABELLE TARAVELLA
DAVID TASSINARI

ZACHARY TATRO
HALEIGH TAUSCHER
AMIE TEIXEIRA
SYDNEY TEIXEIRA
JASON TOMAINO
JESSICA TRAJKOVSKI
KAAN TURK

CAMERON VENNE
MINA VICKERS
SOFIE VITAL
LAUREN WALCZAK
TAYLOR WALSH
EMMA WEHNER
BRENDAN WHITE

NOLAN WIKAR
MAKAILA WINDOLOSKI
MORGAN WRIGHT
KATE WYLLIE
MERT YANBUL
ELAENA YUSUF
TORCATO ZINA

NEXT YEAR

What are freshmen
are looking forward
to MOST as
sophomores?



EXCITEMENT

There was a very common answer among the freshmen when asked this question. A lot of them said they are looking forward to playing their favorite sports again. Some are excited to participate in more school activities. A couple freshmen want to raise their GPA during the following year.

What SPARKS
your interest as
a sophomore?

*"Making the Ludlow girls
varsity basketball team
sparked my interest this year.
Being on the team was so fun
and taught me so much, I
loved working with the coaches
and my teammates"*

Jacinda Hewes, 2022



*"My interests this year as a
sophomore are chorus and cross
country/ track. Both my
teammates and classmates
push me to work harder and be
better."*

Elizabeth Pereira, 2022



*"Chorus has sparked my
interest because I enjoy
singing."*

Karrelis Ramirez, 2022



*"This year, chemistry has
sparked my interest, I found it
to be more interesting than I
thought it would be."*

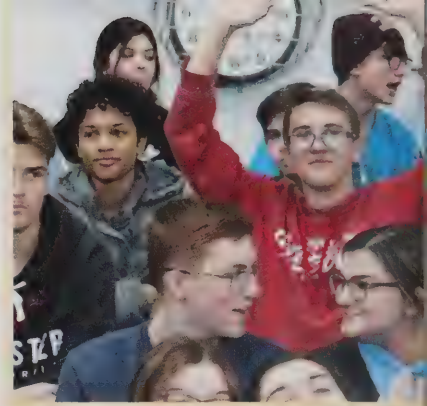
Kaylee Murphy, 2022



PRIDE Sophomore showing pride during pep
rally. photo: top left

COMPETING. Members of the 2022 class
competing in a game during the winter pep rally.
photo:top right

ON THE FLOOR. Sophomore girls putting
on a show stopping performance at the end of the
winter spirit week pep rally. photo: middle



SPIRIT

Destiny Williams
showing excitement
for pep rally to begin.
photo: bottom left

SMILE!

Aislynn Fontaine,
Emily Godek, Jacinda
Hewes, and Chloe
Homans smile for a
picture at winter pep
rally.



SOPHOMORES

SPARK 2022

We are not trying to be difficult, we are just growing up!

For the sophomores, this year has been both exciting and challenging.

This was their second year in the high school and that made things a lot easier. They understood more about how to organize themselves and hold themselves to high standards.

This was also their second go round with fun things like spirit week. They had a much better showing and even won some of the fall spirit days and a few winter events.

Then, right about the time when the stakes were the highest, as MCAS loomed ahead, everything changed. Covid-19 happened to the world and suddenly there were things much more important than MCAS scores.

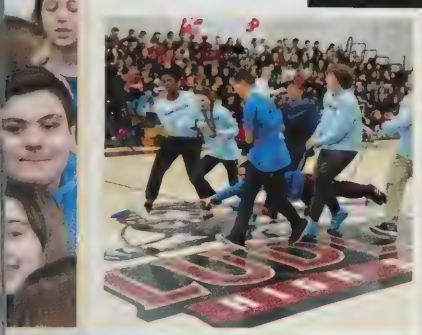
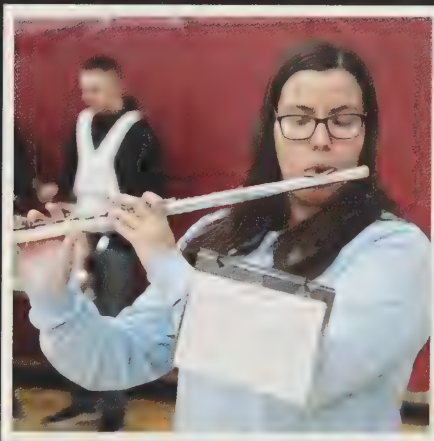
Students were sent home on March 13th and would not return for a long time. So, the sophomores faced a new challenge. When they thought they were going to be spending hours testing, they now had to learn remotely and social distance to keep safe and healthy.



SHOWING SPIRIT

SUPPORT! Students of the sophomore class show support by making poster. middle right

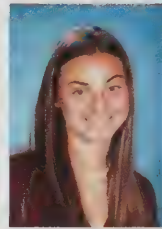
MUSICALITY. Sophomore students display an amazing music performance for winter pep rally. photo: Middle



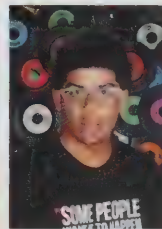
SAMUEL ABDOU
MACKENZIE ADAMS
ELIJAH ADJEI
GABRIEL AFONSO
INOAKAMMA AGOZINO
SOPHIA ALBANO
ISAIAH ALMODOVAR



BENJAMIN ANGERS
LOGAN ARCHAMBAULT
HUNTER ASTA-FERRERO
TRISTA AUCLAIR
NICOLE AUDET
KARLEY AUSSANT
MIRAC AYRAL



KARLY BAILEY
ALINA BANAS
KATELYN BANKS
KEVIN BARROSO
SABRINA BARROSO
JOSEPH BATES
ANDEN BAVIERI



CORBYN BEAL
EMMA BINETTE
FRENDY BISONO
GABRIELLA BLACK
JAYDEN BORRERO
ANTHONY BOURDEAU
TYLER BRESLIN



SPENCER BRICE
JAKOB BRISSETTE
ELIZABETH BRYANT



TYLIAHA BURCH
JACK BUSH
NATHAN CALABRESE



ABBEY CAMERON
MICHAEL CASSIDY
CONNOR CAVANAUGH



BEING A SOPH



"Honors Chemistry is my favorite class because of my teacher. I have Ms. Valentine and she brings a very positive vibe to the classroom. She can joke around with my class, but teaches and reinforces our material."

Alina Banas



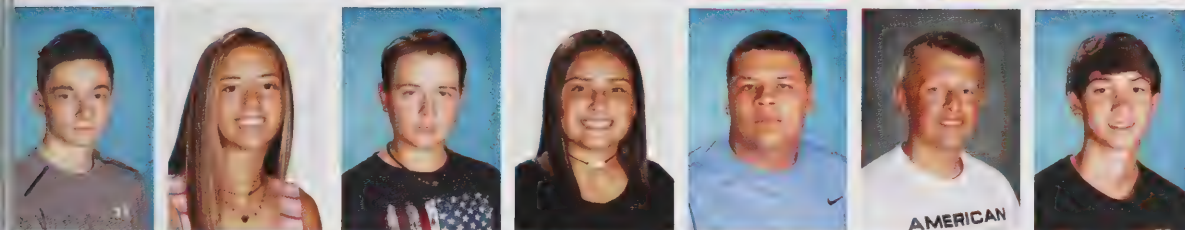
"World Literature with Ms. K is my favorite class because she is hands down the best at being able to explain things clearly in different ways so each kid can understand. Her personality also makes class interesting and enjoyable for everyone. She is also always willing to work with each kid individually if they need extra assistance."

Collin Doyle

SOPHOMORES



FREYA-MICHELE CHALUI
TYLER CHAREST
JAKUB CHARTIER
ETHAN CLARK
MICHAEL CLEMENTI
AVA-KELIS COBB
RYAN COLSON



NATHANIEL CORBIN
OLIVIA CRESPO
ERIC CROTEAU
MEGAN DACRUZ
TYRESE DAVIS
TIMOTHY DEL NEGRO
DEREK DEROIN



COLLYN DESROCHES
ALEX DIAZ MARTINEZ
GRACE DINELLI
LAILA DIXON
MARGARET DOWLING
COLLIN DOYLE
ANDREW DUQUETTE



FIONA ELLIOTT
GABY ESTRADA REQUENA
KAYTLYN FERNANDES
MICHAEL FERREIRA
ZACHARIA FLEBOTTI
SOFIA FONSECA
AISLYNN FONTAINE

What are YOUR favorite classes 2022?

MORE



English is my favorite class because I get to engage in class discussions and love the teachers in the English department and overall it's a super fun class."

Sydney Germain



"Mr. Vamosy's class is my favorite because he is genuinely a nice person, and he makes the class really fun. I like a lot of the kids in the class, and it's really stimulating and engaging. He makes me really think about history and the way the world works. He's one of the best teachers I've had."

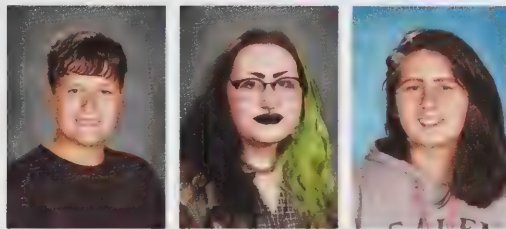
Elizabeth Pereira



JOSHUA FRANCO
TARROY FREEMAN
PHILLIPE FREITAS



FAITH FRIERE
MATTHEW FUESTON
CALLIE GAFFRON



JADON GAGNON
ANNIKA GAQUETTE
ARYA GARDNER

SYDNE GERMAIN
BRIELLE GIBSON
MICHAEL GILREIN
EMILY GODEK
AZIZE GOKCEK
BRANDON GOMES
JOSEPH GONCALVES



KACIE GONCALVES
LILIANA GONCALVES
NORA GONCALVES
SEBASTIAN GONCALVES
CONNOR GRAVELIN
LOUIS GREENWOOD
BRIANNA GRIMALDI



BENJAMIN GUERIN
ZAKARY GUERTIN
WILLIAM HALL
NICHOLAS HENRY
ANDREW HERVIEUX
JACINDA HEWES
JADA HEWES



BRENDAN HILLER
TAHIR HODZIC
MAYA HOFFMANN
CHLOE HOMANS
DARIUS HOUSEY
MATTHEW HUNTER
KYLIE HUSE



ZOEY HUTCHINSON
BURAK IBAS
AMELIA JARZABEK
AUSTIN JOHNSON
BURAK KAHVECI
ALEXIOS KALITA
CHLOE KETCHALE



MARISSA KIBBE
ARIANA KILDUFF
SARA KILLEEN
RAE YEONG KIM
AVA KOCHANOWICZ
ELDIN KOLENOVIC
ABBIGAIL KOVALSKI



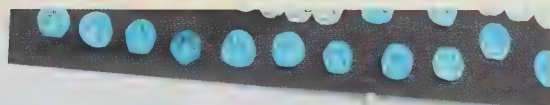
JILLIAN KUBIK
ASLI KUPUC
AIVREE KUS
LEO LAGUERRE
BRIANNA LANDRY
HANNAH LANZAROTTO
TRINITY LAVALLEE



SOPHOMORES

GIRLS CROSS COUNTRY
LEAGUE CHAMPIONS
2022

2022



SHOW YOUR SPIRIT.

Multiple sophomores smile for the camera while the games begin.
(direct right)

EVERYONE IS HERE!

The Class of 2022 sits together as the festivities kick off, putting everyone in a good mood. (top)

STRIKE A POSE.

These sophomores strike a pose as the picture is taken. (above)



LET THE GAMES BEGIN.

These sophomores prepare to begin their event. (above)

GAME TIME;

Krystian Wojcik and Ryan Colson begin their pep rally event. (left)



JAYANA LEANG
ALIYAH LEARY
GRACE LEIPER
ABIGAIL LETOURNEAU



MORGAN LETOURNEAU
JOHN LEWIS
JACQUELINE LINDSEY
ALEX LOURENCO



NINA LUSSIER
MEGAN LYONNAIS
DANIEL MACHADO
SHYANNE MACIAG



JULIA MAKUSIEWICZ
DOMINIC MANCUSO
AIDAN MARCINKIEWICZ
CHRISTIAN MARTINS



FINN MATEUS
TRISTAN MAYNARD
GRACE MCBRIDE
MIA MCKENNEY



SHANYIA MCLAURIN
ANTHONY MELANSON
CARISSA MENDES
THERESA MORET



JESSICA MORGADO
ADEN MORGANSTERN
LUKE MORIN
MAXWELL MORTIMER



LOOKING FORWARD

"Sophomore year was great, but junior year definitely has more in store for us. More adventures, more stories."

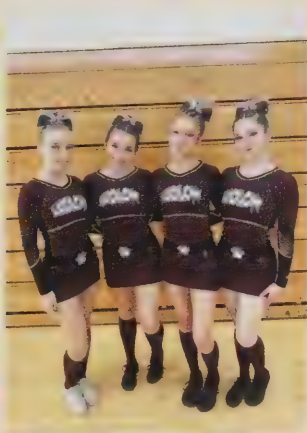
As junior year is rapidly approaching, many sophomores had a lot to say about their next step in their high school career.

Many sophomores said they were excited to spend more time with their friends and making more memories with them. They also said they were looking forward to prom but two students were looking forward to a little bit more than that.

"I'm looking forward to the sports season and improving myself during track and cross country," Elizabeth Pereira said. "I'm also looking forward to chorus next year and hopefully getting into districts again and maybe even Allstate's."

"I have my drivers license and hopefully I can get a job, and be able to hang out with my friends more. I'm pretty much just excited for more freedom and adventures." Alina Banas said.

SOPHOMORES



LUCAS MOWRY
KAYLEE MURPHY
MACKENZIE MURPHY
YAN MYAKUSHKO
KYLE NUNES
EMILY O'CONNOR
JERRIKA ORTIZ



ELSA QUIMETTE
LUKE PAGE
COLBY PALMER
GARY PARENTL
HANNA PARK
OLIVIA PARKER
BRETT PATENAUDE



LINDSAY PATENAUDE
XAVIER PAULO
THOMAS PEARSON
AUSTIN PEASE
ISAAC PEDRO
MICHAEL PEDRO
ELIZABETH PEREIRA



MALLORY PEREIRA
VICTORIA PIASCNIK
AARON PICARD
COLE POLLARD
HAYDEN POTORSKI
TYLER PRIEST
HUNTER PROULX



ANGELINA PROVOST
ISABELLA PROVOST
JOSHUA PROVOST
LILLIAN PRZYBYL
BRIANNA PURDY
JOSEPH QUITERIO
SABRINA QUITERIO

KARRELIS RAMIREZ
SELENA REYES
SOFIA RIBEIRO
ANDREW RIVERA
GABRIEL RIVERA
AIDAN ROBERT
RYAN ROBERTS



KAYLA ROBINSON
LUKE RODRIGUES
JOEZER RODRIGUEZ NIEVES
ELIZABETH ROLLET
AUBREY ROSENBLUM
JEFFREY RUSSELL
AISLINN RYS



CHRISTOPHER SADLOWSKI
MAIWAND SAFI
VICTORIA SAGAN
JOSHUA SALDANA
DEVON SANTOS
GIANNA SANTUCCI
SHAVON SCOTT



WRILEY SCOTT
TYLER SENECAL
EMMA SERISSER
COLIN SHIRELY
GABRIEL SIMARD
COLIN SKELLY
CLYDE SNOW



SPIRIT WEEK:

Participating for the sophomore team, teacher Gerald Martin picks up candy canes and puts them into a box using another candy cane in his mouth.

(upper right)

GAME TIME:

Sophomore Andrew Duquette, along with some freshmen, play a round of Star Wars Battlefront II during a Star Wars Club meeting.

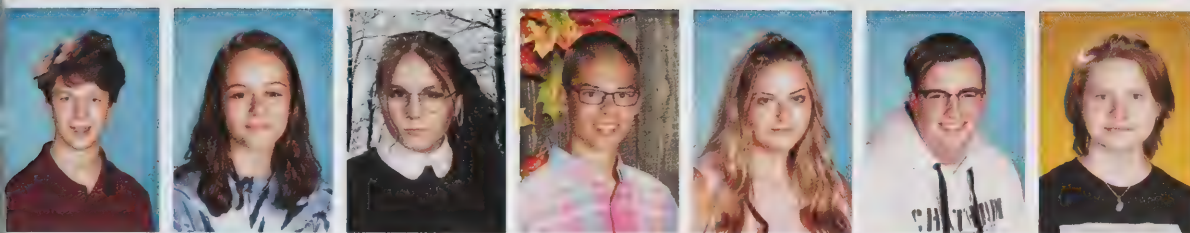
CHEER:

Sophomore Nicole Audet participates in a cheer event.

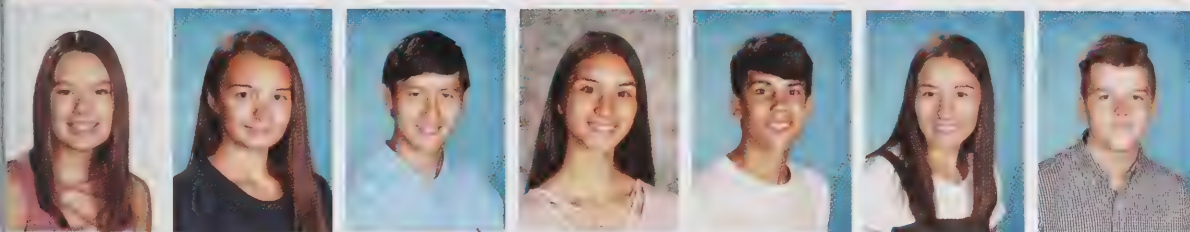
(right)



SOPHOMORES



NIKOLAUS SOJA
CECELIA SPICE
VICTORIA STABILO
AARON STASIOWSKI
KEELY SUGRUE
EVAN SULLIVAN
SAVANNAH SWITZER



KILEY SZLOSEK
KATHERINE TASSINARI
LANCE TOMLINSON
SOFIA TULIK
TRISTAN VALENTINI
AVERY VERMETTI
ANDREW VICE



DESTINY WILLIAMS
ALINA WINN
KRYSTIAN WOJCIK
MYALANIA WOOLRIDGL
SUDENAZ YANBUI
SUZAN YANBUI
JESSICA YOINGCO



CARL ZIMMERMAN
MAXWELL ZUKOWSKI



PEP RALLY: Many sophomores participate in a pep rally event. (upper left)



GAME PLAN: Track coach Brian Walsh and sophomore Chloe Homans discuss the track event. (lower left)



PICTURE DAY: Sophomore Aaron Picard gets his picture taken for the hockey team. (left)

What SPARKS inspiration in yourself as a junior?

"This year I've really started to focus on my physical and mental health. Almost everyday I run three miles and it helps me to stay grounded and focused on myself. This year is all about bettering myself as a person and student."

Alexis Charter , 2021



"The pressure of college really inspired me to try my best junior year."

Emma Forcum , 2021



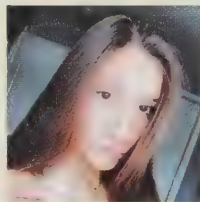
"This year I've really been enjoying these last two years with my class and being so close to graduating is exciting."

Gabrielle Flebotte, 2021



"This year was really fun and I enjoyed playing sports and spending time with my friends, I'm excited to be a senior next year and I can't believe we are almost about to graduate."

Sara Costa , 2021



CAN YOU HEAR THEIR SPIRIT?

During the Winter Spirit Week Pep Rally, the Class of 2021 show their enthusiasm and cheer. photo: right

LIP SYNC FOR YOUR LIFE.

During the Winter Spirit Week Pep Rally, some of the junior girls pop off with their choreographed dance. photo: main photo

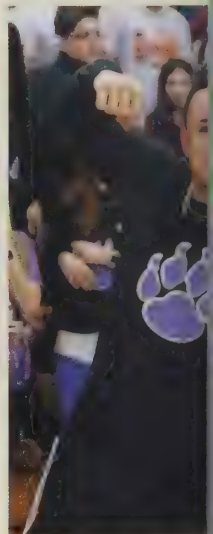


CLASSMATES AND GOOD FRIENDS.

Besties Sara Ketchale and Kellie Lyonais look happy and full of spirit as they pose for a shot during the 2019 Winter Pep Rally. photo: right

FLEXIN' ON THE UNDERCLASSMEN.

Ethan Lapa and a wig wearing Nolan Ayers flex to the photographer as they cheer on their fellow classmates. photo: far right



JUNIORS

SPARK

2021

This is our year to shine!

For the Junior class of 2021, most of the school year can be summarized as the climax of high school. As well as being one to remember, the Juniors felt a "hectic" year but were able to "push" through it.

While interviewing Jhulie Gail Keziah Abanador, she described her experience; "everyone started realizing that our time here is limited and that life is too short to hang out with the same people and miss out on fun, memorable experiences. I've made so many new memories and friendships that I will forever be grateful for. Academically, there was definitely a lot of stress and lack of sleep but nothing coffee couldn't solve... But I do have to say, my teacher's this year were very different and made learning enjoyable".

This school year also put pressure on juniors via the Corona virus. It put their prom planning to a halt and worried prom goers. Their transition into college planning was also slowed down. At the end of the day, the Class of 2021 will grow and flourish vibrantly into their senior year.



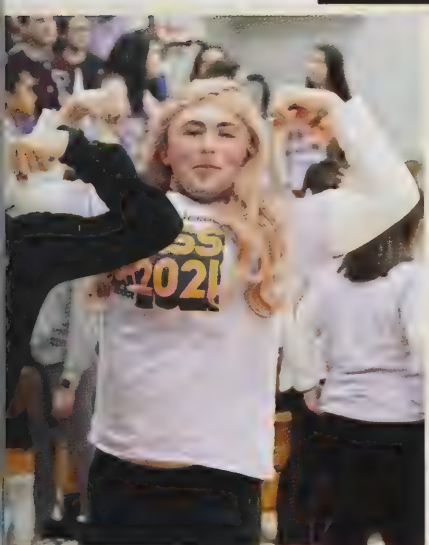
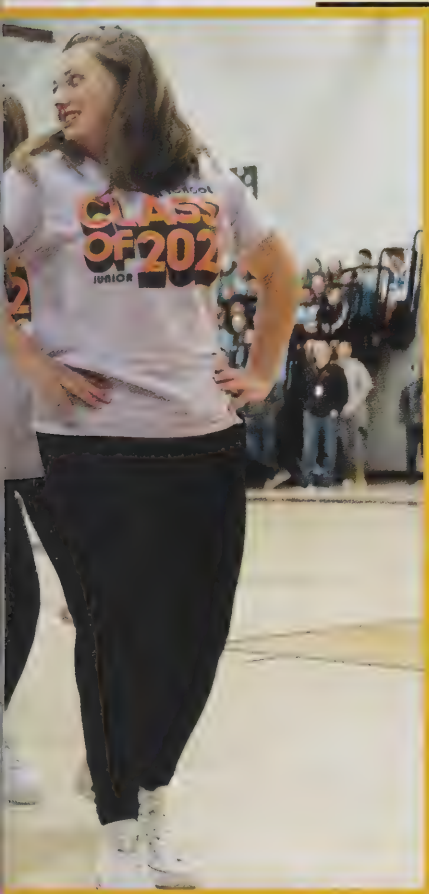
STEPPING UP

PUT YOUR BEST HEAD FORWARD.

Jillian Procon, Lucia Sanchez and Kali Grimes work together with their other two classmates to complete one of the spirit week's competitions. photo: above

CAPTURING THE MEMORIES.

Jacqueline Doucette, Nikolette Sullivan, Danielle Smith, and other Juniors pose for a group spirit week candid. photo: below



JHULIE ANNE KHAREN
 ABANADOR
 JHULIE GAIL KEZIAH
 ABANADOR
 JASON ALMEIDA
 KYLE ALMEIDA
 ETHAN ALVES
 LIZETTE ALVES
 ZACHARY ARCHAMBAULT



BERK ATMACA
 BRANDON AUTHIER
 NOLAN AYERS
 MARISSA BALBINO
 LUCAS BALULA
 JADE BAMFORD
 YVONNE BASTOS



KILIE BAZINET
 JAMONTE BECKETT
 MATTHEW BEDORE
 JACOB BELDEN
 CHLOE BENARD
 ALORA BERTINI
 CODY BLACKBURN



AMBER BLAKE
 JENNA BRANCO
 JULIA BRILLO
 TRINITY BRUENO
 GENEVIEVE BUCIER
 JACOB BUREK
 ANDREW CARON



PATRICK CASAGRANDE
 WYATT CHAMBERS
 BRIANNA CHAROW
 ALEXIS CHARTER
 SADE COATES
 KATARINA CODDING
 KAYCIE COLBERG



BEING A JUNIOR

Going from underclassmen to upperclassmen.

Junior year is a major transition for getting closer to leaving school. It also comes with many perks and responsibilities. Parking spots and prom are what many juniors look forward to. Thinking more about one's future and career path is a heavy responsibility. Luckily, the LHS faculty is here to help and make these experiences easier.

JUNIORS



MADDOCK COLLINS
LEANNE CONNORS
JUSTIN COSTA
KYLE COSTA
SARA COSTA
LUCIA COSTA-SANCHES
EMMA COTI



DILLAN CRAVEN
KARISSA CROPANESI
ARYANNA DAILEY
LUCAS DANTAS
JACOB DIAS
KARINA DIAS
SYDNEY DIAS



COLIN DISANTI
JESSICA DOBEK
JACQUELINE DOUCETTI
TREVOR DOWD
JONATHAN DUBOUR
LOGAN DUCHARMÉ
JACOB DUFOUR



EMILY DUMAS
ARDYN DUPUIS
BRADY DUQUETTE
CAMERON ECHOLS
JADEN FAIRTHORNE
MORGAN FARIA
KATELYN FERNANDES



ANDREW FERRARA
GABRIELLE FLEBOTTE
ISABELLE FLEBOTTE
CHRISTOPHER FOGG
MATTHEW FONTAINE
KYLE FONTOURA
EMMA FORCUM

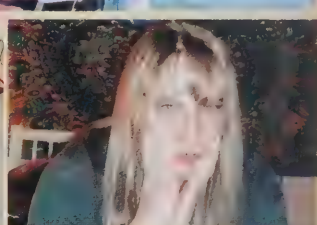
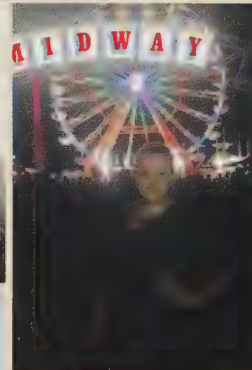
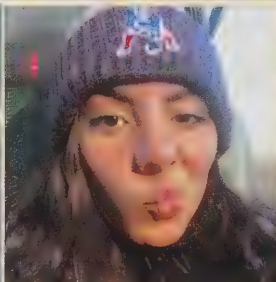
JUNIOR SPIRIT





FEELIN' GOOD AS HELL

Beauty is something that cannot be defined. There is no certain "look" that fits the word. It is diverse and subjective. Beauty is something that everyone has. And when you finally realize that it was always there, you will shine so bright. Here are just some of the gorgeous people the Class of 2021 is made up of.



JUNIORS



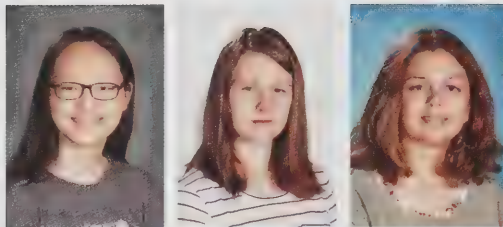
ALEXANDRA FORMEJSTER
 JOLIE GAFFRON
 CONNOR GARRITY
 OLIVER GAVRILOV
 GAGE GLANVILLE
 JACOB GLICA
 BUGRA GOKCEK

ETHAN GONCALVES
 KALI GRIMES
 JOSHUA GUNN
 RYANN GUTHRIE
 BRETTON HARYASZ
 RILEY HESS
 THOMAS HITCHCOCK

TARIK HODZIC
 PEYTON HOSKING
 JACOB HUBER
 JOSHUA HURST
 JULIA IWASINSKI
 MCKYLELY JEROME
 KAYLA JOHNSON

SUDE KAHRAMAN
 SINEM KARAARSLAN
 LEAH KEATING
 SEAN KENNEDY
 DAVID KEROACK
 KAYLEE KETCHALE
 SARA KETCHALE

RAE KYEONG KIM
ABBIGAIL KING
SARAH KITES



ELIZABETH KOPEC
ZACHARY KRUTKA
KRYSZTIAN KRYCZKA



ESLEM KURUCA
MONIKA LACHUT
JACOB LADUKE



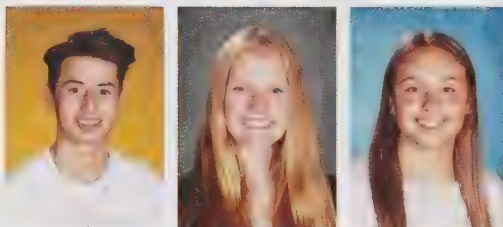
SHANNON LAFLEUR
TATIANA LAMAS
COLLIN LANEIRO



NICHOLAS LANGLITZ
ETHAN LAPA
CAMERON LAPATIN



CHRISTOPHER LAPOINTE
KAYLEE LAVIGNE
AVERY LEARY



EVAN LIBBY
ADAM LIMA
KELLIE LYONNAIS

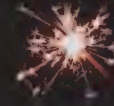


BEWITCHED: A DAY IN SALEM

BAD WITCHES. THE JUNIOR CLASS ADVISORS, MRS. MASSE, MRS. FERNANDES, AND MRS. NACSIN POSE FOR A PICTURE WITH WITCH HAT ACCESSORIES TO CELEBRATE THEIR TRIP TO SALEM. *photo: left*



RAISING SPIRITS. THE CLASS OF 2021 VISITED A DAUNTING CEMETERY FILLED WITH THE HAUNTING SPIRITS OF SALEM. *photo: bottom left corner.*



JUNIORS



ADAM MAKIYA
JAKE MANEWICH
ANNASTACIA MARAVILHA
ISABELLA MARTINEZ

NOAH MARTINS
STEPHANIE MARTINS
MAKENZIE MASTORAKIS
BELLA MATFUS

ERIN MAYOU
ANA MCDONALD
SEAN MCEACHERN
VICTORIA MELANSON

ALYSSA MIDWOOD
CARTER MILFORT
NICHOLAS MOORE
MAKAYLA MOYNAHAN

ERIN MURPHY
MAKENZIE NALLY
HANNAH NILSON
LANDON NORRIS

MIKAYLA OUELLETTE
LEENAYHSIA PABON
HAYLEIGH PAINE
TIA-MARIE PAINE

GRACE PELTIER
KENDALL PETERS
COURTNEY PHILPOTT
ISABELLA PIETRAS

CATARINA PIRES
JOSEPH PIRES
JILLIAN PROCON
ARAYAH REMILLARD
JULIET RIBEIRO
SAMUEL RILEY
JOHN RIORDAN



DARIEL RIVERA CAMACHO
ALEXANDER ROBAK
CHRISTIAN ROCHE
AUSTIN ROCK
MATTHEW RODIO
DEAN RODOLAKIS
KAITLYN RODRIGUES



PATRICK ROWE
ANNA ROZNIAL
NAYCEE SANCHEZ
CAM SANDERSON
ETHAN SCHWARTZ
JACK SERAFINO
EMILY SINGLETON



COLLIN SIWICKI
CAM SMITH
DANIELLE SMITH
LIAM SMYTH
AUTUMN SNOW
EMMA SOTIROPOULOS
ALEXANDRIA SPEDERO



JUNIORS



ZACHARY ST. JOHN
AARON ST. PETER
PAIGE ST. PIERRE
DONOVAN STACHOWIAK
KIERAN SUGRUE
NIKOLETTE SULLIVAN
NEVA SWEENEY

SONJA SWIMM
MICHAEL SZEWCZYK
VANESSA TABLE
ISABELLE TAYLOR
SAVANNAH THURBER
AARON TURGEON
BRAEDEN VERMETTE

KENDYL VERMETTE
ALEXANDRA VICI
JOSEPH VILLANO
ARIEL VITAL
JACOB WADAS
ABIGAIL WADSWORTH
MACKENZIE WALSH

RYAN WATTS
ANTWONE WEBB
DREW WOISHNIS
MARCIN WOJCIK
ALEX WURSZT
REMOM YUSUF

LOOKING FORWARD

Stepping towards next year and becoming a senior...

As the 2019-2020 school year closes in, the class of 2021 are getting closer to becoming seniors.

The first step to becoming a senior is making sure an individual has enough credits. The juniors will be checking in with their counselor Mrs. Connelly. She will be, "providing students with college admission basics: Naviance, recommendations and scholarships". A new method to send out information, Mrs. Connelly will be sending out newsletters to inform on senior information.

As the new school year approaches, the Class of 2021 will jump into the role of seniors and prepare to move on up into the college world.



FAST FORWARD.
By the ending of Fall 2020 the seniors of 2021 will be applying and committing to their top choice colleges. They will get to put their name on the wall with the school they choose.

One Last Time. The senior class participates in their last and final Ludlow High School Winter Spirit Week Pep Rally ever. After all four years, every single year the class of 2020 brought their A-game and gave all of their classes a run for their money.



"I was really excited for the memories I was about to make and getting ready for college and the preparation for it."



Kimberly Santos, 2020

"I could not wait to graduate honestly."



Dakota Cust, 2020

"Graduation bro!"



Sierra Gosselin, 2020

"I am looking forward to graduating and accomplishing all my goals in the future."



Aubrey Morin, 2020

Senior Later Ludlow High School!

2020

Senior year has come and the Class of 2020 cannot wait to graduate! This year has been stressful for all seniors applying to colleges and planning out their next moves in life. But the last year of high school has brought happiness and relief over many.

College application season can be described as "anxious, but also a fresh new start", best put by Elma Kolenovic. Luckily, the senior class has been blessed by the guidance of Mrs. Dionne. She graciously took over the latter title after it was passed around two times before. With her help and direction, the seniors successfully endured that season.

Many seniors have to balance all of their responsibilities while simultaneously getting through school. Student, worker and athlete Kassandra Muise says that "it's hard because there is all this work and I have to do everything else at the same time." While seniors struggle to keep up their grades and maintain outside tasks, they always pull through.

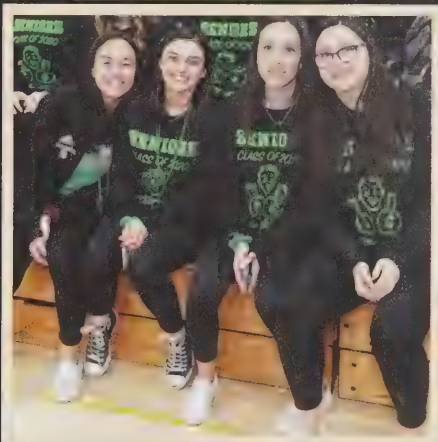
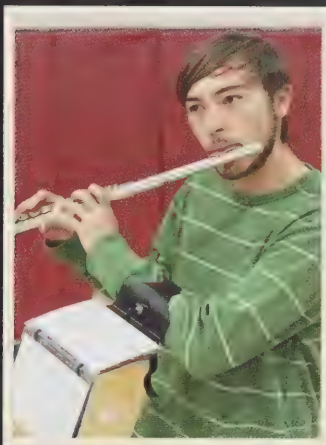
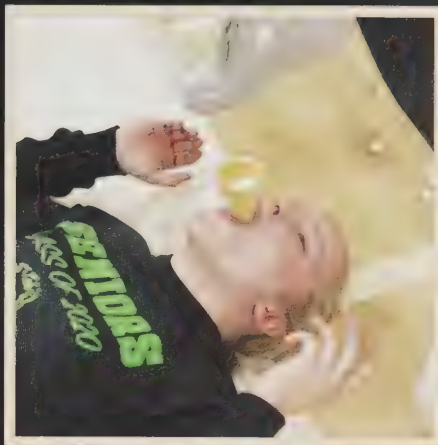
Moving forward into the adulting life, the Class of 2020 will graduate LHS with their heads held high and ready to conquer anything!

SENIORS



Lets Get In Formation.

During the Winter Spirit Pep Rally, some of the senior girls line up to slay their lip-sync dance and blow the upperclassman's minds.



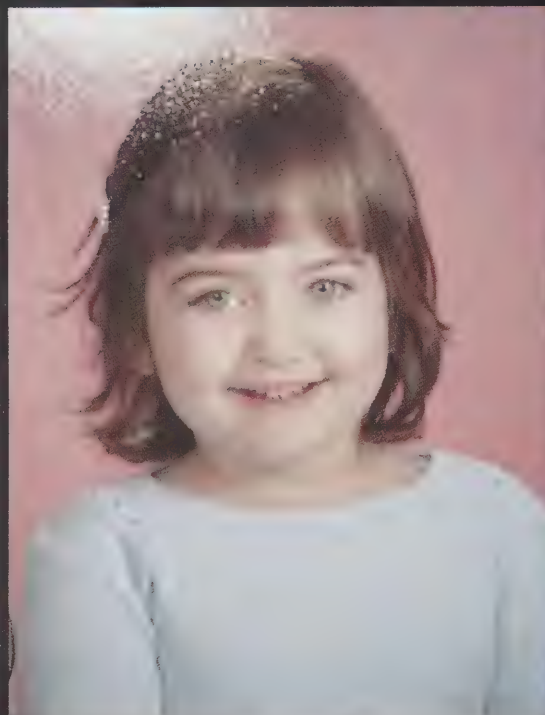
Dancing Queen (And Kings too).

Chantz McLean, Kayley Davis and Gabrielle Walczak perform their spectacular senior Pep Rally lip-sync dance and give a 10/10 performance! photo: above.

He Got The Moves.

Senior Carson Kouvalski "full sends a gamer" during the Pep Rally dance which leaves his classmates in awe and amazement. photo: to the left.





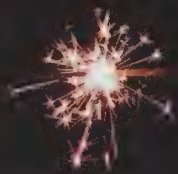
Baby Fever

LOTS OF LOVE. Senior Sara Maria gives her pet bird Pika a kiss during a spring photoshoot. photo: Sara Maria.

SMILE AND POSE. Senior Morgan Cavanaugh poses for a snapshot with her beloved stuffed Zoey doll. photo: Morgan Cavanaugh.

BEST FRIENDS. Senior twins Peter and Marisa Mentekidis enjoying a play date together. photo: Marisa Mentekidis.

SAY CHEESE. Senior Elma Kolenovic smiles big for the camera on school picture day. photo: Elma Kolenovic.



Gizzelle Ashley Abanador



"As my two year old brother says when he's scared of monsters, whatever the future has in store for us all, 'it's coming!'."

- RJ

Stephanie Afonso



"One must always be careful of books, and what is inside them, for words have the power to change us"

- Cassandra Clare

Karalynn Aguilar



"I'm not arguing, I'm just explaining why I'm right."

- me

Natalie Alves



"Quote"

-Author

Jessica Americano



SENIORS

Angel Andino-Galarza



Michael Bacon



"Grades didn't pass me,
persuasiveness did."

- Michael Bacon

Kacey Bailey



Genivieve Bailey-Hanson



"Sometimes when I speak it
just... abfnqgyzxonprt."

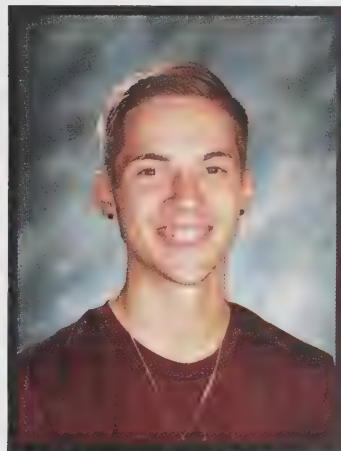
Miranda Balbino



"[We] are about to enter the most
uncertain and thrilling period of our
lives. The stories we are about to live
are the ones we will be telling our
grandchildren and therapists."

- Lin-Manuel Miranda

Dominic Barroso



"Success consists of going from
failure to failure without loss of
enthusiasm."

- Winston Churchill

Tyler Barroso



Katelyn Bastos



"Confidence is a stain you can't
wipe off."

- Lil Wayne

Alexander Bauch



"I don't know how... but I did
it."

- Alex Bauch

Ryan Beebe



"What's good bro?"

- Ryan Beebe

Brian Beem



"Look around you. Appreciate what you have. Nothing will be the same within a year."

- Anonymous

Tyler Begin



Sebastian Biegaj



Daniel Binette



Berkant Boluk



"If you were a Disney princess, you would be Ratatouille."

- Leah Keating

Mathieu Borowski



Alexis Bragga



"Don't be afraid to fail because those failures are going to lead to your success."

- Justin Timberlake

Ryley Breault



"This was nothing like High School Musical."

- Ryley Breault

SENIORS

Noah Cabral



"There is nothing noble in being superior to your fellow man; true nobility is being superior to your former self."
- Ernest Hemingway

Lara Cadete



"The good is never easy, and what's easy is never good"
- Bad Bunny

Fiona Campbell



"My PIEaSuRe"
- me

Alexa Carner



"I don't know where I'm going from here, but I promise it won't be boring."
- David Bowie



BLAST FROM THE PAST

There are many memories that were made over the past 12 years. From being young adventurous children running around the playground at recess, to now being seniors in high school and preparing for the next chapter in our lives. These memories created bonds that would last for years to come.

"As the years pass by, we've all grown to become the best versions of ourselves. There's no doubt that from here on, we will go on to do great things" a student said.

photos: Julianna Johnson, Julia Potorski, Kaleb Valadares



Bianca Carrington



"Ignorance is choosing to be willfully blind."
- Ms.K



Morgan Cavanaugh



*"**cries while laughing**"*

- me

Mackenzie Charest



"We're adults. When did that happen? And how do we make it stop?"

- Meredith Grey

Jesse Chartier



Coty Coffey



Aidan Collins



John Collins



"Yes, I was homeschooled."

- John Collins

Jacob Costa



"I've never put my name on anything, but I put my name on this because I actually want this to be my legacy."

- Et Snider

Dillan Craven



"What quote? There's a quote?"

- Me

Matthew Cruz



"Roger that."

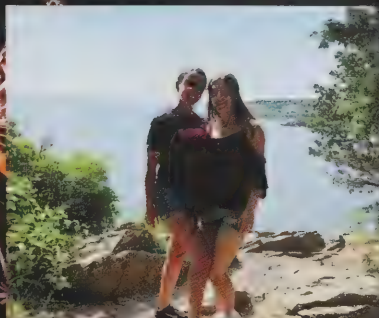
- Me

SENIORS

MAKING HISTORY *with friends*



"Sidney and I started getting close because of volleyball. Once we started playing together we spent more time together."



"Mackenzie and I started dancing together a few years ago and started becoming friends junior year, we have also spent so much time together outside of dance to."



"Emily and I started to get closer sophomore year since we ad lots of classes together. We soon realized that we had a lot in common, and we both even love the same Starbucks drink....Carmel macchiato."

Julianne Szanek, 2020



"Grace and I both have AP physics and because that class is so challenging and has brought our friend group to tears out of frustration so many times, it made us closer as friends. Outside of physics we also take late night drives and coffee runs and spent lots of time together"

Marisa Alentekidis, 2020



"Alexa and I met through music class and our grandparents became close. We instantly became best friends."

Amara Poirier, 2020



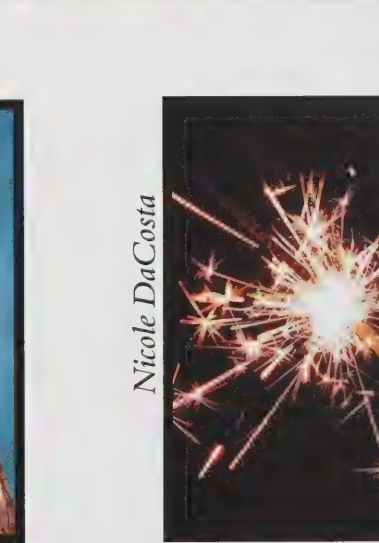
"Emilie and I got to be so close because of Luke Combs, the fact that I can't drive, and our sarastastic sense of humor."

Paige Simard, 2020



Dakota Cust

Maliyah Sanchez, 2020



Nicole DaCosta

Elirena Durr, 2020



Christian daCruz

"Can you send the Hw?"

-Christian daCruz

Joshua Dagenais



"Your lettuce is greasy, got some e.coli in it?"

- Mike Young

Daniel Dantas



Aaliyah David



"A diamond is a chunk of coal that did well under pressure."

- Henry Kissinger

Songs of the DECADE



1. Issues - Julia Michaels

2. Royals - Lorde

3. Closer - The Chainsmokers

4. Hotline Bling - Drake

5. Hall of Fame - The Script

6. Starboy - The Weeknd

7. Shape of You - Ed Sheeran

8. S&M - Rihanna

9. Party Rock Anthem - LMFAO

10. thank u, next - Ariana Grande

11. HUMBLE - Kendrick Lamar

12. Bodak Yellow - Cardi B

13. Blank Space - Taylor Swift

14. Formation - Beyonce

15. bad guy - Billie Eilish

16. Old Town Road - Lil Nas X

17. Truth Hurts - Lizzo

18. 7 Rings - Ariana Grande

19. Super Bass - Nicki Minaj

20. SICKO MODE - Travis Scott



Kayley Davis



"This is God's Country."

Alexis Dawson



"Hey look Ma, I made it."

- Brendon Urie

SENIORS

Kobe Dias



"Writing a caption is the hardest thing."

- Kobe Dias

Olivia Dimis



"The universe is funny that way. Sometimes it just has a way of making sure we wind up exactly where we belong."

- Christina Yang

Joshua Disley



Nathan Doyle



"Sing on, brothers."

- Myself

Justin Dutton



"If one day speed kills me do not cry because I was smiling."

- Paul Walker

Joshua Dynak



"Never thought I would be remembered for looking like logic and squints"

- Josh Dynak

Baylee Edwards



"Goodbye everyone, I'll remember you all in therapy."

- Plankton

James Elliott



"No games no carnivals, ya dig?"

- Matty Smokes

Olivia Fernandes



"Sometimes you will never know the value of a moment until it becomes a memory."

- Dr. Seuss

Darrian Ferreira



"Making money in 2020."

Jasmine Ferreira



Allison Fiorentino



"I am going to make it through this year, if it kills me."

-The Mountain Goats

Logan Flagg

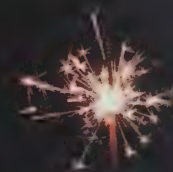


"If nobody comes from the future to stop you, how bad can the decision really be?"

- Bill Murray

SELFIE-OBSESSED

Everyone loves a good selfie, but these seniors can be caught taking a new one just about every period. They are definitely self(ie) obsessed!



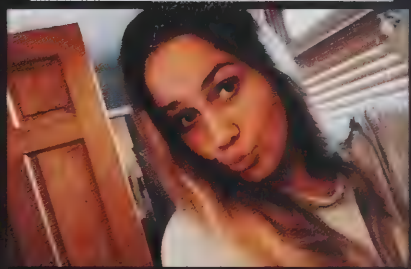
Alexa Carner



Rhettmey Meak



Julianna Johnson



Ryann Grywalski

SENIORS

Anthony Fortune



"If money is where you find happiness, you'll always be poor."

- NF

Owen Fradette



Emily Ganhao



"If I left, what would I do with all this useless information in my head?"

- Jim Halpert, *The Office*

Brooke Gates



Kiley Gaughan



"I dreamed it all ever since I was young."

- Post Malone

Kade Germain



"The inner machinations of my mind are an enigma."

- Patrick Star

Sophia Giza



"If you are worrying about things you can't control, you are wasting energy."

- Julian Edelman

Kyle Goncalves



"Always find time for the things that make you happy."

- Unknown

Tyler Goncalves



"Quick blast of water and we're back."

- Greg K

Rachel Goodrow



Sierra Gosselin



*"Fatal vision impairment goggles
were a scam."*

- Me

Katelyn Gover



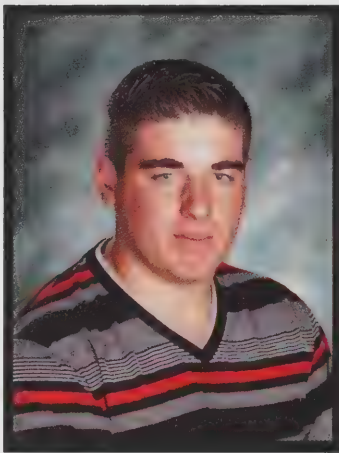
*"Be who you are and say what you
feel, because those who mind don't
matter and those who matter don't
mind."*

- Dr. Seuss

Donald Gregory



Nicholas Grossi



Ryann Grywalski



*"Don't settle for less cuz then
you'll miss out on more."*

- Lil Yachty

Efe Gunaydin



Isaiah Gutierrez



Autumn Haggerty



SENIORS

MOVIES OF THE DECADE



Movies are one of the most influential aspects of our society and that means political inspirational or even insightful ways to change the world we live in. Films allow generations to learn about outside aspects of their lives and how other people throughout the world live.

- | | |
|------------------------------------|-------------------------------|
| 1. <i>The Great Gatsby</i> | 11. <i>World War Z</i> |
| 2. <i>Wonder Woman</i> | 12. <i>Get out</i> |
| 3. <i>The Wolf of Wall Street</i> | 13. <i>Deadpool</i> |
| 4. <i>Thor: Ragnarok</i> | 14. <i>Skyfall</i> |
| 5. <i>Bad Boys</i> | 15. <i>The avengers</i> |
| 6. <i>Identity Theft</i> | 16. <i>Planet of the Apes</i> |
| 7. <i>Twelve years a Slave</i> | 17. <i>Toy story 3</i> |
| 8. <i>Star Wars: The last Jedi</i> | 18. <i>Us</i> |
| 9. <i>Fast and Furious 8</i> | 19. <i>Frozen</i> |
| 10. <i>Black Panther</i> | 20. <i>Gravity</i> |

Aliyah Haigler



"Your value doesn't decrease based on someone's inability to see your worth."

- Anonymous

Rebecca Hall



"You need to chill out. You're going to have an aneurysm before you are 30."

- Mr. Phelon

Brielle Hamel



"Today is where your book begins. The rest is still unwritten."

- Natasha Bedingfield



Caleb Hansen



Aaron Harris



"Juice is temporary but sauce is forever."

- Random worker at Best Buy

Ashley Haryasz



"Once I learn to grow right where I am planted, maybe that's when life starts getting good."

- Lauren Alaina

SENIORS

Nicholas Hawley



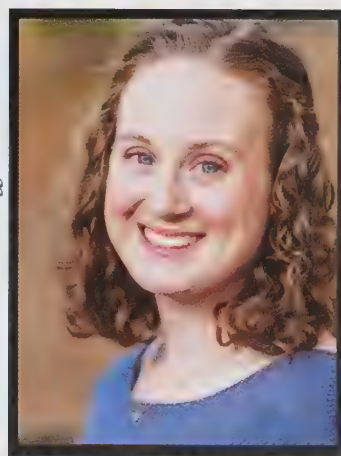
Olivia Henry



"Champagne taste or a water budget."

- Terri

Emilie Hoffmann



"They say good things take time...that's why I'm always late!"

- Unknown

Nathaniel Homans



"The people who doubt me now will be the people who are begging me later."

- Nathaniel Homans

Paden Horton



"It's the end of the world as we know it and I feel fine. "

- REM

Meghan Huber



"Take pride in how far you've come. Have faith in how far you can go. But don't forget to enjoy the journey."

- Michael Josephson

Theresa Hurteau



"Change da world my final message. Goodb-ye."

- Unknown

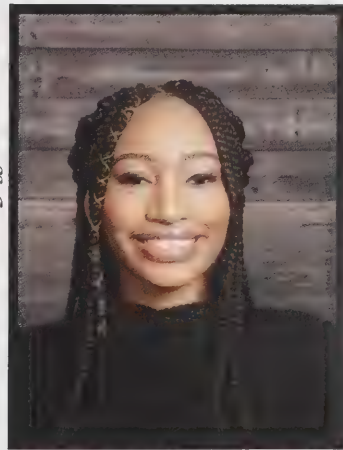
Johnny Jaworski



"Get ready, stuff's about to get weird."

-Unknown

Amanda Jefferson



"You can't control being let down, but you get to choose how long you allow it to hold you down. Persist the temptation to shrink under the weight of disappointment and have the faith to believe you can still win."

-Sarah Jakes Robert

Jenna Johnson



"Trust the Universe."

- Lauren Sanderson

Julianna Johnson



*"Literally no one:...
Me: Do you wanna see a picture of
my dog? @TheBradyPup."*

- Julianna Johnson

Jennifer Kania



"Live Mas"

- Taco Bell

Daniel Karczynski



Ian Kim



*"I'm that California guy, I get it,
it was stupid to move here."*

- Ian Kim

Elma Kolenovic



"Elma, why is your dad here?"

- Everyone who knows me

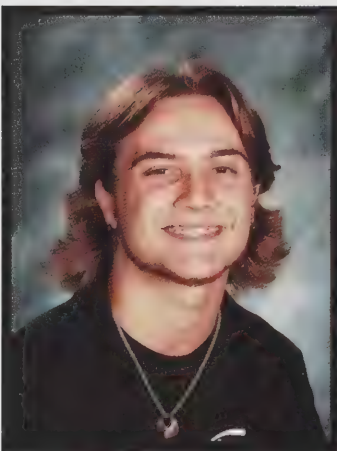
Sidney Kornacki



*"Yes I lived in Hawaii and no, it
wasn't in a hut."*

- Sidney Kornacki

Carson Kowalski



Jacob Koziol



*"The only time I set the bar low is
for limbo."*

- Michael Scott

SENIORS

Brendan Lafleur



*"Mistakes are a part of the journey...
Just don't let them sit in the front
seat."*

- Nathan Feuerstein

Daniel Lafreniere



*"The easy way isn't the correct way.
Some decisions require sacrifice and
pain but benefit you in the long run."*

Yvette Lauzon



Teachers That Spark Inspiration...



"Mr. Mulvehill inspired me to pursue a career in history, and become an Historian, by the way that he passionately teaches his class."

Stephanie Afonso



"Mr. Martin inspired me a lot when I was his assistant teacher last year. I decided to be an assistant teacher because at the time I wanted to become a high school math teacher. I went to his room during his prep every day, and he talked to me about lesson planning and deciding what to focus on teaching his students. I also helped him out copy papers and set up lessons in review them. I did my best and I loved the experience overall."

Meghan Huber



"I actually have two teachers who have inspired me. Mr. Lee inspired me to be a better person and made me become more interested in biology and want to pursue the medical field. Mr. Rea inspired me to become more creative with my writing and his assignments motivate me to read more and expand my knowledge."

Amanda Lindsey



"Mr. Smith inspires me to experiment new things when it comes to my art and go outside my comfort zone when painting."

Julia Potorski



"Mr. Rea inspires me to take pride in what I do and to do everything, no matter how small, forge fullest. The way he dives into books with the philosophical reasoning/viewpoint inspires me to not hold back."

Paige Simard



"A teacher that inspires me is Mr. Lee. He is always encouraging and pushing me to be better both in my academics and personal life. He is always telling my class about how we can better our health and overall quality of life. Along with that, he teaches my anatomy class new techniques to learn as well as managing stress."

Amelia Smith



"Mrs. Sands described the college experience and told personal stories to my class that were very relatable. She keeps it professional as a teacher but also talks to the class as if she was talking to a childhood friend."

Szymon Tylec



"Mr. Walsh inspires me from his own beliefs. He pushes kids to study the material and to get better study habits. He's trying to help us and after time you can see improvement. Mr. Walsh's advice, you may not think highly of it at first but you'll be thankful for taking it later."

Jacob Vautrain



"I think the teacher who has inspired me the most is Mr. Cangemi. When I had him last year for AP Language he always believed in my ability to write even when I doubted myself. He was always there to support me and all of his other students with positive and encouraging feedback. He showed me how to look deeper into works of literature and how to fully appreciate their beauty. No matter what, he always remained positive and helped us be not only the best students we can be, but the best we could be as individuals."

Rachael Wilson



SENIORS

Olivia Leiper



"Where is the CEO of School, I just want to talk"

- Karoline Robak

Amanda Lindsey



"The setting of the sun, does not put an end to the evening."

- Amanda Lindsey

Abigail Magee



"I have many faults and I have many fears, but I am going to embrace myself as hard as I can."

- RM

Hannah Makuch



"I'm feeling like a proper high school graduate mate"

- me

Ryan Malaquias



"If you ain't aim too high, then you aimed too low."

- J. Cole

Emilio Mancuso



"Sometimes I'll start a sentence and I don't even know where it's going. I just hope I find it along the way."

- Michael Scott

Sara Maria



Andre Martins



"The truth is you don't know what is going to happen tomorrow. Life is a crazy ride, and nothing is guaranteed."

- Eminem

Grace McCarthy



"Life takes you down many paths, but my favorite ones lead to the beach."

Grace McCarthy

Marah McDonnell



"I know I'm a queen but I don't need no crown."

- Lizzo

Kayla McKay



"It's pronounced 'wuder' not water."

- Kayla McKay

Chantz McLean



"If you want something bad enough, bring it into existence."

Chantz McLean

Rheffsmey Meak



"Lately I've been focusing less on what they say I can't do... and more on whatever the hell I want."

- Taylor Swift

Marisa Mentekidis



"I am the superior twin."

- me

Peter Mentekidis



"And that...that is the secret of happiness and virtue - liking what you've got to do."

- Aldous Huxley

Taryn Miller



"I need to know what time we're hanging out so I can set an alarm for my nap."

- me

Alyssa Moore



"You can either watch it happen or be a part of it."

- Elon Musk

Michael Morgado

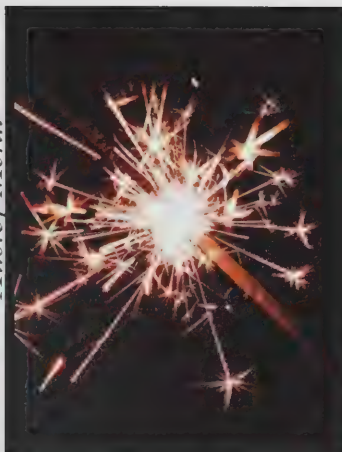


"What can I say, I get it done!"

- Michael Morgado

SENIORS

Aubrey Morin



Alexandria Morris



"What doesn't kill you makes you stronger"

- Fredrich Nietzsche

Ryan Moylan



"My life is so boring I have to live vicariously through yours. Don't let me down."

- My Dad

Kassandra Muise



"No one:
Me: I play clarinet, yes I'm Squidward."

- Kassy Muise

Mackenzie O'Donnell



"So... how many absences are you at now?"

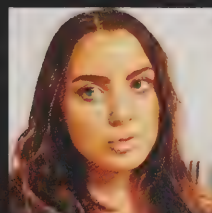
- Stephanie Afonso

ADVICE TO THE JUNIORS



"Enjoy senior year, it flies by."

Christian daCruz,
2020



"Try not to stress because it doesn't help and everything all works out in the end."

Morgan Cavanaugh,
2020



"Take challenging classes if you have a dream college because they want to see that you challenge yourself and strive for success."

Rhettmey Meak,
2020



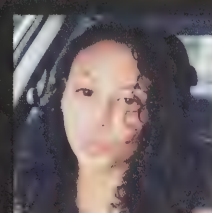
"Good luck Charlie... because it stinks."

Maureen Webber,
2020



"Drop out."

Aidan Collins 2020



"Senior year is not any better."

Aaliyah David, 2020

Mari O'Shea



"This ain't a race but I still take first place."

- Larray

Ivan Ouimette



"Winners focus on winning. Losers focus on winners."

- Conor McGregor

Jaiden Oyague



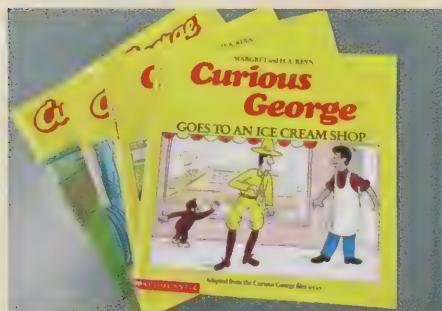
"If you're reading this, smile more!"

- me



DON'T REMIND ME...

The class of 2020 has been a generation that has endured many commercialized childhood products. Some more embarrassing than others. From silly bands to beyblades, enjoy these images that bring nostalgia to your mind.



Alexa Palazzi



"High school was the best yet most stressful 4 years of my life."

- Alexa Palazzi

Jonah Park



"I wish LHS provided chopsticks."

- Jonah Park

SENIORS

Jessica Parker



"They say the sky's the limit, and to me that's really true."

- Michael Jackson

Madison Peacey



"I used to be jealous of Harry Potter for being able to talk to snakes but it turns out I've been doing it for years."

- Meghan Sauchelli

Connor Peters



"loochs ot gniog dekil reven I."

- Connor Peters

Luiz Gustavo Pinto



Nicholas Placzek



"I have a degree in procrastination."

-me

Amanda Poirier



"I wish there was a way to know you're in the good old days, before you've left them."

- Andy Bernard (the office)

Julia Potorski



"Wake up early. Drink coffee. Work hard. Be ambitious. Keep your priorities straight. Keep your head up. Do what you love, It's time to start living."

Julia Potorski

Jacob Pouliot



Jared Provost



Mattingly Provost



"DIGGS...SIDELINE...
TOUCHDOWN...
UNBELIEVEABLE...
VIKINGS WIN IT!"
- Joe Buck

Anthony Quiterio



"Life is timed, you rain delays...
Ahh you crazy kids."
- Marty Fanning

Gregory Ricardi



"You don't drown by falling into
water. You only drown if you stay
there."
- Zig Ziglar

Michael Riley



"I am fast. To give you a reference
point, I'm somewhere between a snake
and a mongoose. And a panther."
- Dwight Schrute

Karoline Robak



"Where is the CEO of homework,
I just want to talk"
- Olivia Leiper

Hannah Robinovitz



"Someone texts me: Where did you
go?
me: I left"
- me

Hunter Rock



Sierra Rodrigues



"I procrastinate so long I still
haven't taken my senior picture."
- Sierra Rodrigues

Colin Russell



SENIORS

Maliyah Sanchez



Kimberly Santos



"All mankind is of one Author, and is one volume; when one man dies, one chapter is not torn out of the book, but translated into a better language."
- John Donne

Maegan Santos



"Yes, it's from the thrift."

- Maegan Santos

Caroline Saloio



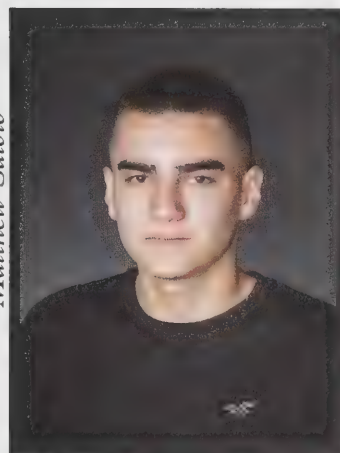
Joshua Saloio



"Breakdown, Breakdown,
Breakdown"

- Joshua Saloio

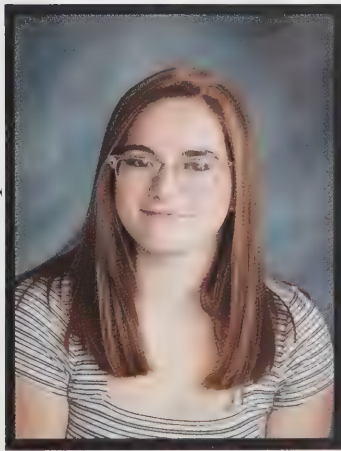
Matthew Saloio



Nathaniel Sarrasin



Whitney Scott



"People really do be mmhmm yea be do yeaahh mhmm out here."

- traves

Malik Serisser



"I'll sleep when I'm dead."

- mc

Cameron Shute



Paige Simard



"Suck it up buttercup."

- Olivia Dinis

Amelia Smith



*"How many days do I have to stress
cry until this is due?"*

- Amelia Smith

Carlie Smith



*"Carlie, what class are you
supposed to be in?"*

- Mrs. Connelly

Joseph Snopek



*"Hi I'm Joe Snow and I am a
ginger."*

- Joseph Snopek

Hailey Sousa



Tyler Sousa



*"Your life is your business. Don't
let someone else run it."*

- Tyler Sousa

Tyler Sternowski



SENIORS

Luke St. Jacques



"Money trees is the perfect place for shade and that's just how I feel."

- Kendrick Lamar

Bethany Steele



Nicholas Street



"No dream is ever just a dream."

- Tom Cruise

FASHION TRENDS TO REMEMBER

Through the past decade, new and recycled fashion trends have defined the aesthetic and style over the years. Styles like streetwear and athleisure have impacted everyday fashion. Social movements and society's open mindedness has promoted binary fashions and sensual vogue. From the influence of social media and celebrities, many trends have immersed and are plastered everywhere. Here is a list of some of the numerous fashions this decade has produced.

Cole Sunter



Brenna Sylvester



Juliann Szemela



"We cannot direct the wind, but we can adjust the sails."

- Dolly Parton

Nicholas Teixeira



"Nicholas Teixeira has been released from his 4 year sentence."

- Nicholas Teixeira

Humberto Terrinca



Matthew Tibbitts



"You got into Harvard?"
"What? Like, it's hard?"

- Elle Woods, *Legally Blonde*

Angela Tobiasz



"Ughh I wanna go home."

- Myself

Jocelyn Trajkovski



"Ka-Chow"

- Lighting McQueen

Michael Tuck, Jr



"I still don't get it."

- Me

Szymon Tylec



"Sause Bo\$\$, est. Natick, CT
2019"

- Szymon Tylec

Amelia Valadas



"Yes, I can braid your hair."

- Amelia Valadas

Kaleb Valadares



"We should be ready to accept
whatever outcome we get, but not
before we've shaken every last
tree."

- Frank Reagan, *Blue Bloods*

Jacob Vautrain



SENIORS

Anthony Vieira



"The harder the conflict, the more glorious the triumph."

- Thomas Paine

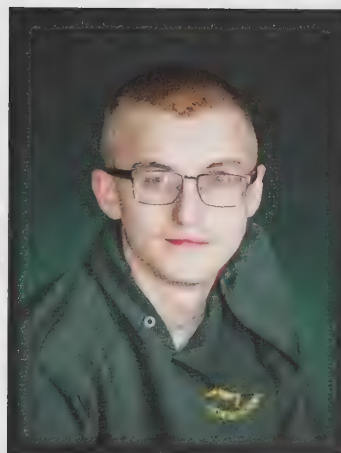
Destiny Voisine



"It is not in the stars to hold our Destiny but in ourselves."

- William Shakespeare

Ryan Volker



FAVORITE FOODS



Do these photos leave you wanting a sweet or savory snack? Well if that's the case the senior class has lots of suggestions on what to eat. We asked around 100 seniors what they enjoy to eat. Many of the popular items are featured in the pictures to the left. The majority of the seniors mentioned Chick-fil-A as their favorite fast food place. Along with some savory foods like mac and cheese, pasta and pizza. Also some sweet treats like ice cream.



1. Pizza
2. Ice cream
3. Mac n cheese
4. Chicken
5. Steak
6. Pasta
7. Bacon
8. Brownies
9. Chocolate
10. Mashed potatoes
11. Fries
12. Sushi
13. Popcorn
14. Nachos
15. Salad
16. Grilled cheese
17. Cookies
18. Pie
19. Candy
20. Strawberries

Gabrielle Walczak



"It's Gibby time."

- me

David Walsh



Nicole Walsh



"Find a job you like, and you'll never have to work a day in your life."

- Mini Ladd



SENIORS

Maureen Webber



"Any pizza can be a personal pizza if you try hard enough."

- Maureen Webber

Adam Welner



"I'm lucky if I have two dollars in my wallet. That's a lot! Oh, and some change."

- Mr. Bly

Rebecca Welner



"The future depends entirely on what each of us does every day: a movement is only people moving."

- Gloria Steinem

Sedona Wikar



"When you thought everything would be easy peasey lemon squeezy but it's actually difficult difficult lemon difficult."

- me at just about any point of the year

Nicholas Wilken



"That's what happens when you lay 65 down the pipe!"

- me

Rachael Wilson



"Nothing is real
Love is everything
and I know nothing."

- Kesha

Evan Wurszt



"I'll just wake up in the morning and do it."

- Evan Wurszt

Jake Wyllie



"In the end, the greatest snowball isn't a snowball at all: it's fear.
Merry Christmas."

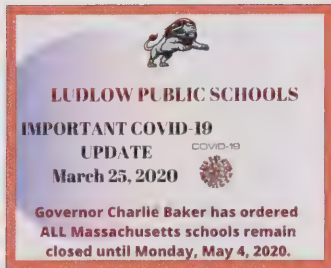
- Dwight Schrute, The Office

Theodore Zwinski



"The scariest moment is always just before you start."

- Stephen King



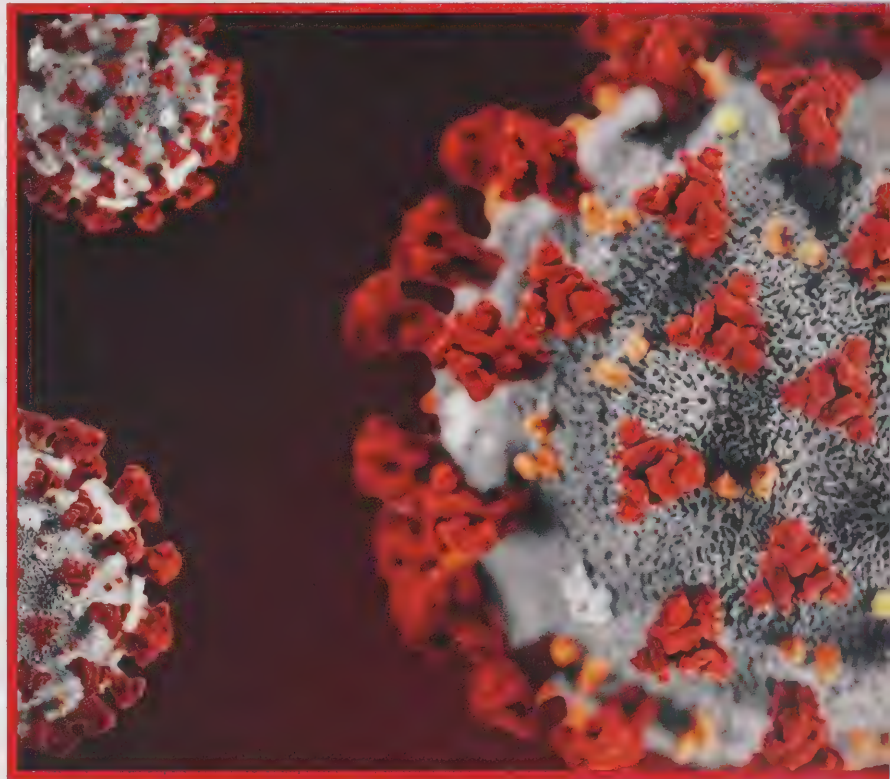
WHAT WAS THE REASON AMERICA?

*It seems like Americans fear something more than Corona... running out of toilet paper *sarcastic shock*! One woman argues, "some people find it as a comfort object". And everyone else says, "I still don't get why people are buying so much toilet paper". Another adding, "I wonder what those people did without that much toilet paper before". Whether people are following what others do or finding comfort in Charmin ultra strong, those companies are raking in the money!*



INDUSTRY COLLAPSE. The Corona Virus has impacted most, if not all industries in America. From closing small businesses, to forcing the movie industry to push back release dates.

CENTER For DISEASE CONTROL And PREVENTION. The CDC is the leading national public health institute of the United States. This agency has been working hard to find ways to protect Americans from getting infected and keeping them alive as well. The government relies on them to predict the serious damage COVID 19 possess. photo: left



MENTAL IMPACT. Being locked up in quarantine is not fun for anyone, even the antisocial. The National Collegiate Athletic Association (NCAA) came up with some daily strategies to keep individuals sane in isolation.



THE COVID-19 VIRUS: *a historic moment*

With this powerful pandemic vastly spreading around the world, the only thing everyone can do is to have hope and stick together.

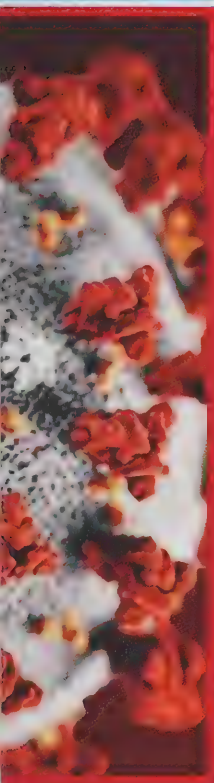
This is an event in history that no one will ever forget.

The virus emerged from Wuhan China, last year and created an enormous epidemic. The alleged cause of the virus was the insanitary cooking and digesting of bats. It has reached over seventy countries currently.

COVID 19 is part of a family of viruses that "cause illnesses ranging widely in severity" (Scripps Research Institute). It affects anyone regardless of age, health status, or race. Although the virus mostly damages the elderly and immune compromised, it can still be fatal to anyone.

Some of the younger people have not taken this matter seriously and ignorantly refuse government mandates of social distancing. Luckily law officials are working hard to keep everyone safe through state shutdowns and closing down public gathering places.

While the future is unforeseeable, unless you're the creator of The Simpsons, everyone will make it through together with kindness and empathy.



"My family and I are trying to stay positive and keep on as much of a 'schedule' as much as possible. I'm thankful the weather has allowed us to go on a number of walks and hikes through the woods!"

Jonathan Mitchell



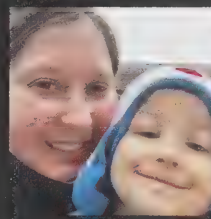
"I am making sure to get outside for a walk or run at least daily to help me stay focused and positive. lucky I have my dog to keep me company. I am spending time with my family as well supporting my children who are also students with their school work."

Christina Dionne



"I'm maintaining positivity by keeping up with my students, watching Netflix, doing puzzles, and walking my dog."

Michelle Masse



"I think it's important to occupy yourself physically and mentally. I take hikes everyday and go outside with my son Lukka."

Amber Kumpulanian

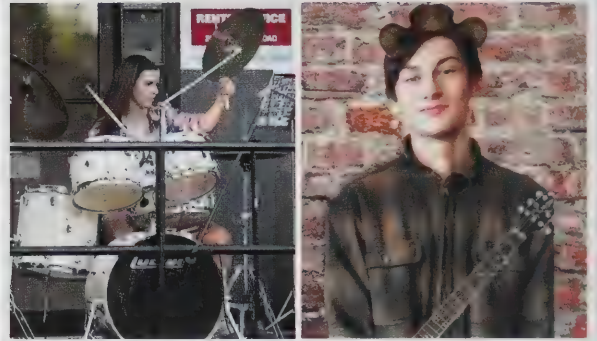


SOCIAL DISTANCING. The key to shortcutting this COVID-19 we were told is to stay at least 6 feet apart from others - assuming anyone could be carrying the disease. Also people have been encouraged to follow government orders and self-quarantine. Many Americans have donated to charities that help families in need for food - due to job losses. photo: royalty free image from NYTimes

WORLDWIDE PROBLEM. COVID 19 started in China, then branched out and infected the whole world within one month. Inevitable deaths, economic downfalls, and trying to decrease the impact of the virus has been challenges most countries are experiencing. photos: above

Senior Superlatives

The "Senior Superlatives" are an iconic piece of high school nostalgia. It is a whole class participation and the yearbook team hand counts and tally the votes. It is fun to highlight the standout classmates who suit the superlatives and remember them in a fun and honest superlative. It gives each senior class a chance to nominate their peers and recognize them for their personalities and talents! Also it's quite comedic when people believe that they are rigged, when in reality they just don't agree with the popular vote.



CLASS MUSICIANS

Alexis Bragga & Dillan Craven



Most Likely To Fail A Parking Test

Bianca Carrington & Cassandra Muise



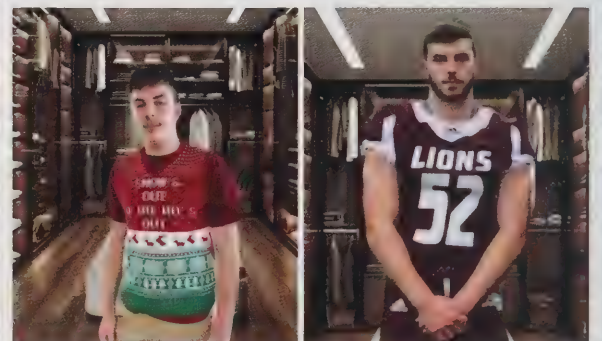
CLASS CLOWNS

Tyler Sousa & Carson Kowalski



CLASS ARTISTS

Maegan Santos & Nicole Walsh



MOST CHANGED

Chantz McLean



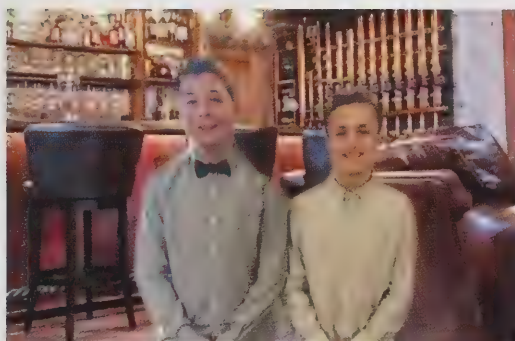
MOST LIKELY TO SPARK CHANGE

Miranda Balbino



MOST LIKELY TO BE FAMOUS

Matt Tibbits



BEST BROMANCE

Malik Serisser & Tyler Goncalves



DRAMA KING AND QUEEN

Julianna Johnson & Christian daCruz



FASHION ICONS

Rhettsmey Meak & Nathaniel Homans



MOST SPIRITED

Peter Mentekidis

CLASS OF 2020

Wills and Prophecies

Gizzelle Ashley Abanador : In ten years I will be: a well known dentist accompanied by my joyous family in a beautiful mansion built by my talented and wealthy husband. On our days off, we will take a luxurious trip to the beach where I can relax and sip from a coconut. To Mrs. Jaworski, Ms. Belden, Mr. Fanning, and Mrs. Dionne my gratitude. I thank you for making my senior year less stressful and more hopeful. To Keziah and Kharen I leave: my legacy of always being alphabetically first. Who can actually beat "Abanador?"

Stephanie Afonso: To Mr. Henry I leave: me constantly asking to sing the Phantom of the Opera. To Mr. Mulvehill I leave: my gratitude for helping me discover my passion for history. To Lizzy Pereira I leave: the Alto section in chorus, and to Karrelis Ramirez I leave: all of our inside jokes and of course, Tom Holland.

Karalynn Aguilar: In ten years I will be: living with my best friends, our husbands, and dogs in a mansion overlooking the Atlantic Ocean as an engineer. To Mrs. Gomes/Fernandes I leave: my common sense and to Mrs. Sands my bucket of ice water. To Mr. Martin I leave the hours I spent after school for food, and to Mr. Bly my white board drawings. To Jessica M. I leave DLT's with Steph. To my breaststroke girls on the swim team I leave our special tradition. And to Kilie B. I leave one white croc.

Angel Andino-Galarza : In ten years I will be: done with college. I'm going to be working and giving back to my community. I will be standing on two feet strong, tall, and with my chin raised high. To the members of the faculty I leave: a huge thank you! You've changed my life for the better.

Genivieve Bailey-Hanson: In ten years I will be: a bee farmer, that's all. To Pires, Camp, and Martin I leave: all of my tears. I am not sorry about crying. To Karly Bailey I leave: my gpa, and to Kilie I leave: Mr. Camp's favoritism.

Miranda Balbino: In ten years I will be: living with my best friends, our husbands, and golden retrievers in a mansion overlooking the Atlantic Ocean as a New York Times best selling author. To Miranda Balbino I leave: my car to bring yourself and Mateo to school and to McDonald's for flurries. To the Girls Ski Team I leave: heads up for long bus rides, which I'm sure the Chaug coach will enjoy! To my Chorus girls of period 5, I leave the Valentine's Day song book and song association game.

Katelyn Bastos: In ten years I will be: rich living in my own house with my dogs, I will have my own makeup line and be driving a Porsche. I leave Mrs. Dupont: my love, she helped me through all four years of high school. I leave Santos Pontes my cousin, my love for Portuguese food.

Alexander Bauch: In ten years I will be: a golfing major with Mr. Hanson, living on a yacht in Minnesota with my soon to be roommate, Carson Kowalski. Playing cricket on sundots with Chantz Mc Lean and Donnel. To Mr. Hanson I leave: my good looks. To Makayla Moynahan I leave: my driving skills. Chris Fogg I leave: my throwing skills. Antwone Webb I leave: my blocking skills. To Nolan Ayers I leave: my throwing food at lunch skills.

Ryan Beebe: In ten years I will be: a sideline reporter for a professional sports network.

Brian Beem: In ten years I will be: back at LHS, teaching math and coaching the cross country and track teams. To Gomes I leave: my spot in the back of her classroom in the morning. To Gauvin I leave: one less headache. To Sophia I leave: my spot at the lunch table in the senior section.

Berkant Boluk: In ten years I will be: still unable to do any basic human task at all, such as cooking, cleaning, managing money, and having common sense. However I will still be happy and that's all I need. To Jolie I leave: "leadership" of Games Club as if you weren't already the one who had to calm everybody down. To Jake I leave: the honorary Bass I spot, considering you are literally the only other Bass I left in Men's Chorus. To Mads I leave: The vent right by Mr. Cangemi's. To Sara I leave: my safety.

Alexis Bragga: In ten years I will be: successful in the music industry living near the city with my family and three-legged dog. I will be meeting Maegan every weekend to eat at the Cheesecake Factory. To Karley Aussant I leave: the defensive cheer. To Karina Dias I leave: my love for music.

Ryley Breault: In ten years I will be: an elementary school teacher, living with my two dogs, and still drinking Dunkin iced coffee. To Mrs. K I leave: the holiday diffuser scent. To Karina Dias I leave: my coffee addiction. To Ana McDonald & Emma Cote I leave: my good knee. To Olivia Crespo I leave: silent car rides.

Noah Cabral: To Jacob Wadas I leave: the continued dream for a seeded bib and a race in states.

Lara Cadete: In ten years I will be: working my dream job as a psychologist. I will be driving my range rover, and traveling to places I've never seen before. To Emma I leave: patience to get through next year, and Sude I leave: my "excellent" math skills and Starbucks.

Fiona Campbell: In ten years I will be: hopefully not working at Chick-Fil-A. To my brother Ethan I leave: my love for talking to random people when I should be in class. Alexandra Formejster leave: my parking spot. To Keziah and Kharen Abanador I leave: my nasty volleyball skills.

Alexa Carner: In ten years I will be: accomplishing many things. I will have traveled the world with my best friend. I will be a rich girl boss and will be happily married to my hot rich husband & have four beautiful children & two dogs. To Mrs. K I leave: our second period DLT talks, our fun yearbook trips and hibachi dinner, and the mac&cheese pizza. To Tyler I leave: my ability to be liked by teachers. To Devon I leave: my will to live. To Maddie I leave: my ability to deal with all the inconsequential people in this school.

Morgan Cavanaugh: In ten years I will be: living my best life in my dream house with my hot husband and my 2 or 3 kids. I will finally have my australian shepherd husky puppy and my white benz. Sara and I will still go to Dunkin 24/7 and I'll still be going to hibachi with my yearbook fam. Also Amaka and I will still be complaining about the boys and girls club and I will still be making starb's runs. To Mrs. K I leave: our lunch time karaoke, therapy sessions and a lifetime supply of hair clips. To Mr. O I leave: all of my daily visits and disney trips. To Shealee Cavanaugh I leave: my yearbook skills. To Jack Serafino I leave: Mrs. K's window and my love for chick fil a.

Mackenzie Charest: In ten years I will be: living with my best friends, our husbands (Shawn Mendes), and all our dogs in a mansion overlooking the Atlantic Ocean. I will also be a pediatrician and a dance teacher on the side. To Tyler Charest I leave: a ride to school because you're defiantly going to miss me specifically for my car. To the dance workshop competition team I leave: better time management then I had to go to dance and get all your work done before the class it's due.

John Collins: To Coach Gauvin I leave: my old man body. To Ms. Gomes I leave: my uncontested affinity for Slaughterhouse Five. To Jacob Dias I leave: my self-control and smash bros skills. To Patrick Casagrande I leave: my shin splints and deep long run conversations.

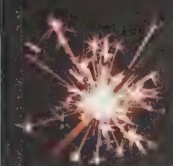
Dillan Craven: In ten years I will be: out of Mass and just vibin. Possibly rich??? To Woodman I leave: the oxygen in this building.

Matthew Cruz: In ten years I will be: hopefully at my own house with a cool job and friends. I can guarantee one thing for the future though: I'll still be smacking AJ in Fifa. To Mrs. Zianio I leave: my charm. To Ms. Cook I leave: my max deadlift. To Ryan Cruz I leave: 7/8 of my brain.

Christian daCruz: In ten years I will be: hopefully not a father. To Mrs. K I leave: some coffee. To Mr. Fanning I leave: my key to Planet Fitness. To Mr. O I leave: my testosterone levels.

Joshua Dagenais: In ten years I will boolin in the Outer Banks with my family, and friends.

Aaliyah David: In ten years I will be: a forensic Anthropologist loving my everyday life. I will hopefully be married by then with one kid. I will be living my best life regardless. To Mr. Augusto I leave: my McDonald's addiction. To Mrs. K I leave: my long hours of sleep and don't care. attitude. To Aliyah Leary I leave: my #4 jersey for volleyball.



Kayley Davis: In ten years I will be: living with my rich husband on a farm with our two children John and Lana and two fluffy dogs. I will be a stay at home mom and plan our family's vacations every month. To Mr. Martin I leave: my laugh and extension of words. To Mrs. Iby I leave: my bad behavior. To Emma Serisser I leave: my bills and my laugh.

Kobe Dias: In ten years I will be: swimming in money and flexing my mansion, then feeding my pet tigers. To Ms. K I leave my hard working ethics. To Emma Cote I leave: my "parking spot". To Ethan Lapa I leave: my patriots hat.

Olivia Dinis: In ten years I will be: living with my best friends, our husbands, and our dogs in a mansion overlooking the Atlantic Ocean as an orthopedic surgeon. To Mr. Martin I leave: the incessant teasing of my sister. To Mr. Walsh I leave: my tears. To Jessica Morgado and Sofia Ribero I leave: hugs from the soul (especially on the bad days). To Malina Dinis and Marissa Balbino I leave: ludtennis.

Nathan Doyle: In ten years I will be: having a career in psychology and continue my passions for music and musical theater. To Mr. Henry I leave: my perfect pitch. To Mr. Camp I leave: my absurd nicknames. To the LHS Choir & Men's Choir I leave: my choral arrangements of Trisha's Lullaby, Rainbow Connection, and the Lion's Banana Boat Song. To Tristian Maynard I leave: the position of Alpha Tenor.

Justin Dutton: To Emma Binette I leave: my sarcastic humor.

Joshua Dynak: In ten years I will be: working as a trainer for a sports team. I hopefully will be building a family and living the classic American life. To Mr. Fanning I leave: error and strikeouts.

Baylee Edwards: In ten years I will be: living in my own southern home hopefully married and not living on the street. My two children (hopefully on purpose) becoming b1 athletes in the making and having a stable relationship with me and my hot husband. To Cook I leave: a hundred questions. To Marinio I leave: memorizing skills. To Emma Cote I leave: my knee brace. To Karina Dias I leave: Indie accent.

James Elliot: In ten years I will be: just vibin' bro. To Mr. Camp I leave: his paper machee head mask. To Patrick Casagrande I leave: my sanity to lead our crazy cross country team. To Jacob Dias I leave: my ability to actually pace myself during workouts and runs. To David Keroak I leave: my team photography duties.

Olivia Fernandes: In ten years I will be: living in Florida where I'll be married and own a couple of dogs. I will be visiting Amanda, Emily and Sierra often and occasionally fly back home to Massachusetts to visit family. I'll be working at a hospital as a nurse practitioner. To Mrs. Sands I leave lots of scented candles and Drew in ap bio. To Mr. Phelon I leave: the legacy of being really smiley. To Drew Woishnis I leave: the ability to get to school on time. To Karina Dias I leave: the lunch table and our love for Dunkin'.

Logan Flagg: In ten years I will be: swimming deep in the ocean studying marine life. To Mrs. K I leave: my ability to take naps all year and still do well. To Mr. Rea I leave: my spotify account to listen to Fiesta Brava. To Jamonte Beckett I leave: my endurance. To Ryan Colson I leave: my terrible high jumping skills.

Emily Ganhao: In ten years I will be: living in the cape next to Amanda still watching The Office with my two golden retrievers and my dream Jeep with frequent visits from our bffs Sierra and Liv. To Mr. O'Connor I leave: my full attention. To the next LHS BVS managers I leave: my baking abilities. To Kali Grimes I leave: my lack of common sense.

Kiley Gaughan: In ten years I will be: a nurse practitioner in the NCIU, married, living in New York with my husband, and kids.

Sophia Giza: In ten years I be: running my own interior design company and hopefully I finished designing my own house. I hope to be married and own a hypoallergenic dog. I will be living a healthy, active, and happy life. To Mr. Camp, Mr. Fanning, and Mr. Augusto I leave: my lemon poppy seed muffins, cinnamon coffee cake muffins, and other sweet treats! To the varsity volleyball team I leave: my height. You're going to need it!

Tyler Goncalves: To Mr. Pires I leave: mu trivia. To Mrs. K I leave: quiche, brownies, and gum. To Bugra Gocek I leave: pizza.

Sierra Gosselin: In ten years I will be: living in my own apartment with my dogs. I will be saving my money to finally go to Paris. To LHS faculty I leave: my failure to raise my hand and blurt out answers. To Bella Martinez I leave: my ability to live carelessly.

Katelyn Gover: In ten years I will be: happy, living my life and trying to find as much enjoyment as possible. My lifestyle will be working as an architecture or interior designer. I will be somewhere in the world with a home filled lots of animals.

Ryann Grywalski: In ten years I will be: living with my family/rich husband and living across the street from my BFFS: Maya Grywalski, Gabbie Godbout, Kyle Zucco, and Kerrigan Rae. To Mr. Woodman I leave: my sad face for those bad days :). To Sam Grywalski I leave: the ability to get your license on time, unlike me.

Aliyah Haigler: In ten years I will be: content and comfortable with my life, with a job I love and surrounded by those I care for and who care for me. To Mr. Mitchell and Mrs. Belden I leave: my appreciation and thanks for helping and supporting the best ways you could. To Elijah Goyenechea and Gianna Swiatowski I leave: hope to have the best high school years.

Rebecca Hall: In ten years I will be: living with my best friends, our husbands, and tons of pets in a mansion overlooking the Atlantic Ocean as a physician. To Mrs. Sands I leave: messy lab benches (again, I'm really sorry!). To Mr. Fanning I leave: a whole lot of questions. To Mr. Bly I leave: my 30 page study guide. To Mr. Martin I leave: 4 years worth of missing goldfish.

Brielle Hamel: To the nurses and Mrs. Dionne I leave: my gratitude for all your help with my health. To Alivia I leave: my lab notebook and my ambition. To Alina, I leave the soprano section. Take care of the soprano section and let your light shine.

Caleb Hansen: In ten years I will be: living like larry. To Lattanzio I leave: vegetables. To Woodman I leave: a Neti Pot. To frendy I leave: my waves. To Ethan I leave: a bumpy ride home.

Aaron Harris: In ten years I will be: a big time musician making albums of alternative rock. I will be also leading research on Ocean recovery and Deep sea diving. To faculty I leave: my impact on their lives and the memories we made. To Aaron Turgeon or Jacob Dias I leave: the tuner (based on the new section leader).

Ashley Haryasz: In ten years I will be: celebrating the start of a new decade with my family and loved ones. I will have gone to all concerts and started traveling the world, seeing all of its beauty and settle down somewhere. I will wake up every morning and go to my job that doesn't feel like work because I love what I do and the impact I've made. To Ms. LaValley I leave: the thanks for the joy and happiness and joy I felt walking into your class everyday. To Kylie Szlosek I leave: all the love shared passing through the halls. To Oliver Gavrilo I leave: my position as dictator of the managers of the girls varsity volleyball team.

Nick Hawley: In ten years I will be: either dead or a millionaire, 50/50 shot. To faculty I leave: my wonderful presence.

Olivia Henry: In ten years I will be: living in a mansion down south with my husband who owns a multi-billion dollar business. We will have 3 cats and 2 dogs. To Nick Henry I leave: a ride to school. To Burga Gokcek I leave: a new sweatshirt. To Kali Grimes I leave: a toilet seat. To Marcin Wojcik I leave: a staircase.

Emilie Hoffmann: In ten years I will be: living with my best friends, our husbands, and all our dogs in a mansion overlooking the Atlantic Ocean. To Mr. Walsh I leave: all my spare time, because the physics homework takes all of it. To the science department I leave: the newly cleaned storage room. To Marissa and Chloe I leave: all the popcorn the ski team will ever need.

Nathaniel Homans: In ten years I will be: running a successful clothing company while married to my hot wife of my 2 kids. People will be rushing to stores to buy my product. Remember the name: Nathaniel John. To Mrs.K I leave: my sneaker drip. To my sister Chloe I leave: my common sense. To Ethan Lapa I leave: my fire outfits. To Kharen and Keziah Abanador I leave: my height.

Paden Horton: In ten years I will be: working and doing field research on amphibians and reptiles for a living. I will work in not only research but do some teaching and writing about what I've researched. To members of the faculty I leave: a silence in the halls of LHS where my laugh used to echo. You may have a little peace now. To Emily Singleton I leave: the first chair to part you in spirit. To Sarah Kites I leave: the first chairpart to you. Good luck you two!

Meghan Huber: In ten years I will be: finished with my bachelors degree in psychology and my masters in social work. I will be helping others with their mental health and will have a better understanding of myself mentally and spiritually. To Mr.Oliveira I leave: my love for math. To all of my junior and sophomore friends I leave: my determination and love.

Johnny Jaworski: In ten years I will be: an engineer designing and building robots for the track team to beat in races because they're just that good. To the cross country team I leave: my sprinting ability. To the track team I leave: my long jump form, may you travel far with it. To my brother Evan I leave: my legacy to do whatever you want, I don't care. To David and Jacob Dias I leave: the band and teams we've been a part of, to treat with care and help grow.

Amanda Jefferson: In ten years I will be: a graduate of Westfield State University with a masters degree in criminal justice. I will have a career that makes me happy and financially stable, and be a strong independent woman. I hope to be either engaged or married at this time, but if that doesn't happen, I am perfectly content with being single and traveling the world. To members of the faculty I leave: my student legacy, and hope to be used as an example of how hard work and determination pays off. To the track and cross country team I leave: my locker and sports uniforms.

Jenna Johnson: In ten years I will be: happy with myself and the life I'm living. To Mrs.K I leave everything good that the world has left to offer. To Savannah Thurber I leave: the hallways because they are your runway now you fashion icon. To Stephanie Martins I leave: my patience when it comes to dealing with some people in this school and my mental sanity.

Julianne Johnson: In ten years I will be: rescuing every doggo in the shelter. And living somewhere with no snow ever. To Mr. Phellon I will: my complaining. To Coach Carlin I leave: "WHAT!". To Mr. Mulvehill I leave: my facial expressions. To Mr. Fanning I leave: my Trump shirt.

Jennifer Kania: In ten years I will be: the owner of multiple Taco Bells spreading them all around the world, especially in Korea. I will still be driving my beloved truck Betsy and still avoiding every pothole in sight. To Mr. Camp I leave: a bag of sugar. To Mr. Augusto I leave: a first aid kit with extra gloves. To Owen O'Shea I leave: the funkyplums legacy. To Ela Kopec I leave: the spare parts of Betsy.

Ian Kim: In ten years I will be: in California wearing thin jackets.

Elma Kolenovic: In ten years I will be: sitting in my 6 bedroom/6 bathroom house in Greenwich CT with my husband and kids. *realistically I will still be working at Alexanders pls stop by* To Hannah & Steph I leave: thrower gang and the "wobble". To Eldin and Dzevat I leave: my attitude and the will to graduate LHS.

Sidney Kornacki: In ten years I will be: living in a beach house somewhere gorgeous with my husband, golden retriever and my new Tacoma. I will be working as a marine biologist and helping to save the planet. To Mr. Cangemi and Mr. Woodman I leave: Daves Kombucha. To Mr. Rea I leave: casual Fridays. To Sidney Germain I leave: the #15 jersey. To Jake Manewich I leave: a nice Hawaiian lemon and the will to graduate.

Jacob Koziol: In ten years I will be: hanging out with my friends and driving around. To Mr. Henry I leave: memories of me conducting. To Mr. Mitchell I leave: memories of powderpuff football. To Brady Duquette I leave: a laugh. To Tristian Maynard I leave: memories of the good times in chorus.

Daniel Lafreniere: In ten years I will be: dead or married, but hey, thats basically the same thing.

Amanda Lindsey: In ten years I will be: enjoying every aspect in life. I will be adventuring around the world, and creating the best version of myself.

Abigail Magee: In ten years I will be: far away from here with a job in radiology that pays well and allows me free time to follow my passions. I hope to have discovered myself much more and traveled far and wide while also owning a Jeep Wrangler and a cat or two (or more). To my sister I leave: a work ethic that allows her to preserve through any challenges, as well as the advice that quality is better than quantity. To the Faculty I leave: the knowledge that I was simply too afraid to speak in their classes, and that if time ever allowed, It'd be fun to just chat as friends.

Hannah Makuch: In ten years I will be: living my best life, knowing I am the most successful person from the class of 2020. Well, except for Matt Tibbits. To the Faculty I leave: my constant banter and interrupting laughter. To Karina Dias I leave: my British accent and my leftover points I have from quizlet live. To Grace Peltier I leave: my parking spot in the back. To Mason Peltier I leave: the legacy of being related to me.

Ryan Malaquias: In ten years I will be: the husband to a well known dentist. We'll be relaxing on the beach outside of our mansion with our pug, Baxter. To Katie I leave: my parking spot. To Mert I leave: my good looks.

Emilio Mancuso: In ten years I will be: working at my bed and breakfast on my beet farm. To my younger brother Dominic I leave: ...

Grace McCarthy: In ten years I will be: living with my best friends, our husbands, and our dogs in a mansion overlooking the Atlantic Ocean. To Bella I leave: my knee brace and my food. To Angie I leave: my lunch seat. To Sofia I leave: my great sense of direction. To Marissa I leave: my mischievousness.

Marah McDonnell: In ten years I will be: a music therapist or a singer traveling and helping people with my music. To Mr. Henry I leave: all my love of music. To Mr. Woodman I leave: my love of books. To Mrs. Wright I leave: all of my love and thanks for everything. To Sara Ketchale I leave: the leader of the Altos.

Kayla McKay: In ten years I will be: graduating from medical school to become a dermatologist or a physical therapist. I will still have a bad habit of procrastinating just like I am with this will. To Mr. Bly I leave: my tears. To Mr. Augusto I leave: a hoagie from Ruby Tuesdays. To Arayah I leave: an inch of my height. To Aubrey I leave: my dunks.

Chantz McLean: In ten years I will be: running my own company making lots of money. I'll have a beautiful family and a nice house, which I will invite all my friends and family to. On my vacations I will travel the world and discover new things. To Mrs. Picard I leave: my large amount of paper balls and throwables. To Dean Rodalakis I leave: my throwing ability. To Antwone Webb I leave: my athleticism. To Nolan Ayers I leave: my body to match his head.

Rhettsmey Meak: In ten years I will be: happy?! But also have enough money to satisfy my lifestyle. As well as laughing at all these false manifestations (including mine). To all the teachers I've ever had I leave: my appreciation for their hard work and dedication, y'all deserve to be paid more. To Mrs. Dionne and Mrs. Dupont I leave: so much gratitude for your literal guidance! To Mrs. K I leave: my love and forever gratification of everything you've done for me.

Marisa Mentekidis: In ten years I will be: hopefully living in a nice house in North Carolina with my husband and hopefully have a kid on the way. I will try to call Peter but eventually accept the fact that he will never pick up. I will be the best wedding planner and dance teacher on the side. To Mrs. Roy I leave: Gilligan's Island and so much appreciation. To Mr. Anderson I leave: the patience it took to teach me math, because it was probably frustrating at times. To my sister Niki I leave: the great impressions I made on my teachers.

Peter Mentekidis: In ten years I will be: alright, hopefully. To Cangemi I leave: all my unfinished articles. To Jack Paoquin I leave: all of my athletic talent. To Dean Rodalakis I leave: my broken lunchroom table.

Taryn Miller: In ten years I will be: at a farm in Georgia with my husband and two kids. We will have multiple farm animals including cows, goats, chickens, horses, and pigs. I will be seeing Kayley at the local cow auction every weekend. To Mr. Martin I leave: my clay snowman, Clayton. To Mr. Nacsin I leave: all the cuts and bruises I got from hurdling. To Burga I leave: a new sweatshirt. To Sara I leave: backyard bushes.

Alyssa Moore: In ten years I will be: living with my friends and our husbands in our mansion next door to the mansion for our dogs. I will also own a successful Chick-fil-a franchise with a side job of being a nurse anesthetist. To Nick I leave: a clock to get to school on time. To Karina I leave: my excellent baking skills and the home-side of the book. To Kacey and Karley I leave: the ability to find a ride whenever they need.

Michael Morgado: In ten years I will be: on the grind. And of course, still shootin' birds. To Marty Fanning I leave: the answer sheet. To Senhora Fernandes I leave: the 86 I've got in the bank. To Jess I leave: the throne to the Portuguese Club dynasty.

Alexandria Morris: To my Ludlow High School cheer teammates I leave: my passion, motivation, and willingness to work hard to achieve my dreams.

Ryan Moylan: In ten years I will be: living a pretty good life in a nice apartment in Florida. Having my own dog would be pretty cool too. To Mrs. Zianio I leave: my ability to launch tennis balls at great speed. To David "Teriyaki" I leave: my endless supply of hats. To Mikayla Ouellette I leave: my positive view on life. To Dean Rodolakis I leave: my insane shot put throwing skills.

Kassandra Muise: In ten years I will be: psychologist, doing research and helping patients with psychological disabilities. I will go home after work to take care of my two black labs; Rosie and Moe. To Mrs. Masse I leave: baked goods and happiness. To Mr. Walsh I leave: a functioning track. To Karina Dias I leave: my height and the ability to fall asleep anywhere. To Karley Aussant I leave: my endless hurdling abilities.

Mackenzie O'Donnell: To Mrs. Baillargeon, Mrs. Dionne, and Mr. Mitchell I leave: my appreciation, I couldn't have done it without you.

Mari O'Shea: In ten years I will be: far away from here in my Tesla Model X with Macgan and Charlie XCX bumping to "Vroom Vroom". To Mr. Woodman I leave: my conservative opinions. To Bly I leave: our iconic 6th period DLT block. To Walsh I leave: Van der Graff. To Owen O'Shea I leave: my above average cookie making skills and my ability to make it to school in under 5 minutes.

Ivan Ouimette: In ten years I will be: 28 years old. I'll be doing good. I'll be ballin. But you know, who knows. To Amber I leave: coffee. To Karen I leave: math homework. To Laura I leave: answers. To Keith I leave: tea.

Jaiden Oyague: In ten years I will be: graduating from medical school and pursuing my career in the medical field. Or chillin' in a ditch somewhere. Where ever the wind takes me. To Mrs. Zianio I leave: the WW2 movie "Fury".

Alexa Palazzi: In ten years I will be: traveling the world with my family and friends. I will have saved enough money to buy my dream house and hopefully start a family with at least 3 dogs. To Mrs. Stratton I leave: my love for math. To Mrs. Zianio and Mr. Lee I leave: my hard work and crazy personality. To Austin and AJ I leave: my work ethic and procrastination. To Emily Godek I leave: my love for softball and track.

Emily Ganhao: In ten years I will be: living in the cape next to Amanda still watching The Office with my two golden retrievers and my dream Jeep with frequent visits from our bffs Sierra and Liv. To Mr. O'Connor I leave: my full attention. To the next LHS BVS managers I leave: my baking abilities. To Kali Grimes I leave: my lack of common sense.

Jessica Parker: To Olivia Parker I leave: luck, because you'll need it.

Madison Peacey: In ten years I be: farther than everyone who doubted me. To Keziah Abanador I leave: my volleyball jersey (#1). To Katelyn Banks I leave: my 3 years of math skills and my "no hood" driving skills.

Connor Peters: In ten years I will be: hopefully moved out of my house and started my life. Hope to be working as a plumber, and be in my own house living my dream. To Mrs. K I leave: the ability to always make Connor Peters smile :). You have always been one of my favorite teachers that I was always excited to see. To Kendall Peters I leave: the best of luck to make it through the best of luck to make it through the last year and a half she has.

Nicholas Placzek: In ten years I will be: having my degree in business management, with hopes in owning the family business.

Amanda Poirier: In ten years I will be: living my best life at Cape Cod, having puppy playdates with my neighbor Emily and her dog. We will also have frequent visits from our other bffs Sierra and Liv to catch up on life. To Kacey Colberg I leave: my Randall's penny jar. To Emma Cote I leave: all my tik tok videos. To Karina Dias I leave: my 4'11" height. To Billy Poirier I leave: my love for spirit week and all the fun I've had these 4 years.

Julia Potorski: In ten years I will be: running my own café and bakery in a city. To Mr. Smith I leave: my energy and enthusiasm for Art.

Mattingly Provost: In ten years I will be: a successful accountant at a large corporation. I will enjoy life with my family in a nice town. I will spend my free time watching baseball and football games. To Mr. Fanning I leave: many screamers and chest-high fastballs. To my sister I leave: very large shoes to fill. To Joe Villano I leave: you a new right guard.

Anthony Quiterio: In ten years I will be: done with school, absolutely loaded, and doing shenanigans with Valley Gang. I will be bringing Pioneers back to the glory days with Christian. I will be chilling at Tony & Penny's with Ralph and Paul Baltazar. To Burga I leave: more pennies for his pizza.

Gregory Ricardi: In ten years I will be: working as a mechanical engineer with a wonderful family. To Mrs. Iby I leave: my insane science skills. To Jake Manewich I leave: my fully functional pancreas.

Karoline Robak: In ten years I will be: an English teacher driving a pimped out station wagon, finding reasons to watch "Spiderman: Homecoming" in class or talk about 1 of my 5 cats. To Mr. Smith I leave: all my unfinished art pieces so he can use the left over canvases for his own work. :) To Brett and Linny I leave: all of my lost belongings, if you can find them.

Sierra Rodrigues: In ten years I will be: still living at home laying in my bed and being late to work at Luso. To Senhora Fernandes I leave: 4th Period Snack Time and Tavo Time. To Cangemi I leave: my Tik Tok. To Mr. Lattanzio I leave: tea. To Emma Cote I leave: a good ACL.

Maliyah Sanchez: In ten years I will be: a musical therapist and married with kids & taking care of Grannie Savage. To Tia Paine I leave: love & happiness. To Gabe Simard I leave: honey. To Katelyn Morris I leave: my love for music. To Sav I leave: positivity.

Kimberly Santos: In ten years I will be: happily married, exploring several new countries (including Spain). I'll also own my own dream car, a white Jeep Renegade and I'll be a mother to 3 dogs and a cat. To Sra. Sierra I leave: my "grabaciones", even though they were really hard to hear. To Mr. Walsh I leave: my gratitude for showing me how much I love physics. To Dionna I leave: a hug because your hugs always brighten my day.

Maegan Santos: In ten years I will be: designing my dream home and meeting up with Lexi every weekend at the Cheesecake Factory. I will have a French bulldog and go on frequent rides with Mari in our Tesla Model X's. I will be calling up Amelia to make apple pies on the daily, and Sedona will still be eating mozzarella sticks. To Nacsin I leave: my tears. To Bly I leave: the Ghandi series. To Karley Aussant I leave: therapy session car rides and my love for ice cream. To Karina Dias I leave: the directions to Panera.

Joshua Saloio: In ten years I will be: still eating Reese's Puffs at 3am cause I can't sleep, and playing my music, hopefully professionally. To Mr. Woodman I leave: a recording of the melodica solo from "Isn't she lovely" by Stevie Wonder. To Mike Gilrein I leave: my title as LHS's smallest linebacker.

Whitney Scott: In ten years I will be: straight vibing with my 15 pet dogs. To Aryah Remillard I leave: the constant need to tell my sister, Wriley Scott, that she is in fact being dumb. To Ben Guerin I leave: awkward handshakes in the middle of band. To Aislynn Fontaine and Bub Purdy I leave a crisp high five which lingers for a little too long. To Kyle Fontura I leave: a half eaten pancake with no syrup.

Malik Serisser: In ten years I will be: done with school, hanging out with my friends and thinking of the memories we made. To Senhora Fernandes I leave: my colorful vocabulary. To my sister I leave: half my brain. To my step brother Ryan Cruz I leave: 1/8 of my brain.

Paige Simard: In ten years I will be: living with my best friends, our husbands (mine being Joshua Basset) and dogs (a Husky named Rain and a German Shepard named Bailey) in a mansion overlooking the Atlantic Ocean. I will be saving lives as a surgical resident in Seattle or Boston. To Mrs. Sands I leave: my inspiration and love for science. To Mr. Walsh I leave: the tears on my physics work. To Mrs. Masse I leave: my despise for freshmen. To my brother I leave: the spit bottle that never exploded from my front tire.

Amelia Smith: To my Mr. Augusto I leave: my procrastination and rants. To Mr. Henry I leave: my anxiety of part testing.

Carlie Smith: In ten years I will be: graduated and working for an accounting firm. I will be living in a nice house that has lots of land with my husband, kids, and dog with two cows and two horses in my backyard barn. To Mr. Fanning I leave: my saltine crackers and lemon water. To Mrs. Connelly I leave: stress toys and play dough. To Danielle Smith I leave: my time management skills (you need them!). I leave Caitlin Shaw and Nikolette Sullivan: my morning tea and dunkin trips.

Joseph Snopek: In ten years I will be: rich and balling out. To Mrs. K I leave: my amazing google presentation. To Nolan Ayers I leave: my amazing catching skills.

Tyler Sousa: In ten years I will be 28 years old. To Ms. Gomes I leave: my favorite dirty socks. To Mert Yanbul I leave: my brain cells.

Luke St. Jacques: In ten years I will be: doing what I want. To the faculty I leave: the memories of me. To my friends I leave: my loyalty.

Nick Street: In ten years I will be: an engineer making six figures and living life one day at a time.

Juliann Szemela: In ten years I will be: working in a hospital as an Occupational Therapist. I will be living in Boston married to my one true love, Jake DeBrusk, who plays for the Boston Bruins. To Alexa Formejster I leave: the hazing forms. To Jada Hewes I leave: my libero jersey. To Emmy Godek I leave: the softball.

Nick Teixeira: To Cam Smith I leave: my spot in the 4x100m. To Amie Teixeira I leave: you without a ride. To Dean Rodolakis I leave: my stonks and accounting skills. To Cam Sanderson I leave: a braincell.

Matt Tibbitts: In ten years I will be: finishing law school and drowning in student debt. Then, I will begin planning my Congressional campaign under the skillful management of Hannah Makuch. To the faculty I leave: my excessive excused absences and inability to properly hold a pencil. To Mr. Pires and Mr. Martin I leave: an on-time math team bus. To Liam Smyth I leave: my center snare and a freshly baked croissant. To Deab Rodolakis I leave: a position as RSAC chair and the acknowledgment that Project 351 exists.

Angela Tobiasz: In ten years I will be: living in South Carolina with my husband and my two dogs (Husky and German Shepard). I will be making bank. To Monika I leave: my parking spot and my volleyball skills. To Wyatt I leave: my ability to do math and my blonde brain.

Jocelyn Trajkovski: In ten years I be: living in a cute southern home with my husband, kids and 3 dogs. To Bly I leave: my bald cap and Ghandi legacy. To Jessica Trajkovski I leave: my love for One Direction. To Kali Grimes I leave: my bad decision making. To Karley Aussant I leave: the defensive line.

Michael Tuck Jr.: To Karley Aussant I leave: my parking spot next year. To Adam Lima I leave: all my goals for soccer I scored. To Sam Cocchi I leave: my 22 Jersey for soccer.

Szymon Tylec: In ten years I will be: Dentista.

Amelia Valadas: In ten years I will be: a nurse working full time in a hospital. After work I will hopefully go home to my husband and cute German Shepard puppy named lily. To Mrs. Masse I leave: my homemade chocolate chip cookies. To Mr. Bly I leave: a 6 pack of White Glacier Gatorade. To Karina Dias I leave: an inch of my height. To Jessica Dobek I leave: the ability to braid her own hair in the morning.

Anthony Vierra: In ten years I will be: in the U.S. Air Force.

Destiny Voisine: In ten years I will be: a hard working aircraft mechanic and a commercial airline pilot. I would hopefully be far far away from Ludlow in a more tropical location with a nice classic camaro, and a couple fluffy dogs.

Gabrielle Walczak: In ten years I will be: working for Google in Cambridge, MA. I will maybe have a family, but most importantly I'll be driving my Chevy Astro van with my Great Dane, pitbull, pug, and teacup pig. To Kylie Gauvin (aka running buddy) I leave: my will to run. To Alora Bertini and Alexa Formejster I leave: my trashbags. To Karina Dias I leave: an inch of my height.

Maureen Webber: In ten years I will be: married to my best friend, working a good job and living in a beautiful house. I will probably have at least one child and a dog and cat. I will be thriving and living my life happily.

Adam Wehner: In ten years I will be: alive. I'll still be singing and swimming and probably still won't be able to drink milk. I'll have more sneakers and a cat and most importantly, will be happy. To all my teachers I leave: a genuine enjoyment for school, any unfinished work, and all my semi-annoying questions. To my little sister Emma I leave: one brain cell: now you'll have two. To all the swim boys I leave: the ability to do decent breaststroke, shower heads, and all the fun times we've had. To Kilie Bazinet I leave: my parking space (number 196), common sense, and Post Malone's soul.

Rebecca Wehner: In ten years I will be: writing and editing for a major publication company. Berkant Boluk and I will still get together to play whatever new game he bought, and I will have perfected the art of omelette-making. To Mr. Cangemi I leave: all of my timed writing responses, as a reminder of how far I've come. To Jolie Gaffron and Maddock Collins I leave: my AP English skills and my endless love and support. To Leah Keating I leave: full leadership of the Short Story Contest in the coming year. To Emma Wehner I leave: a single brain cell; now you have two.

Sedona Wikar: In ten years I will be: returning home after a day of working as a hospital pharmacist to feed my child a fine dinning meal of noodle weenedogs. I will have starred on "What Not To Wear" with Maegan as the host and be participating in yet another Gibby time. I will be preparing to move somewhere warmer with my family in search of tan skin and clear water beaches. To Bly I leave: the ability to appreciate good smells. To Nacsin I leave: the ability to consume cheetos for breakfast. To Karina Dias I leave: a flying shovel and a strong stomach at IHOP. To Nolan Wikar I leave: 4 brain cells to accompany his 3.

Nicholas Wilken: In ten years I will be: living the good life as a dentist and ripping dingers in mens league softball. To the faculty I leave: my shy behavior in class so that they do not have to deal with disrespect. To Chris Fogg I leave: my blocking skills. To Jeffrey Russell I leave: my hitting abilities.

Rachael Wilson: In ten years I will be: stressing about having to be an adult and wishing I was just a bee farmer. To Cangemi I leave: my love for The Great Gatsby. To Mr. Pires I leave: JDP fish tank, may his kids one day have their own lil fishy. To Sydnie Germain I leave: my #9 volleyball Jersey. To Ryan Roberts I leave: my attendance because he needs it.

Evan Wurszt: In ten years I will be: living in Ludlow with my own house and starting my own family. I will be married, have a stable job, and have an audi m8. To Mr. Lee I leave: my daily napping sessions. To my brother Alex I leave: the name.

Jake Wyllie: To Antwone Webb I leave: some Antiperspirant. To Dean Rodolakis I leave: my haircut.

Ted Zwinski: In ten years I will be: hopefully done with college at that point. I will be living in California living as a full time business man and be a part time author. To Mr. Walsh I leave: all the stupid jokes I would make during class. To Mr. Vamosy I leave: my terrible ping-pong skills. To anyone after me that goes to Ludlow I leave: a good experience of high school and take all the opportunities you'll receive.





Peter and Marisa

You have been all the blessings we could hope for. As you come to close this chapter in your lives and venture out in the world to find your passions and explore your limits, know that there will never be a moment when you are not loved. Be fearlessly courageous to fail and prevail in your aspirations. Be always true to yourself and your beliefs and look out for each other. Make your future; wait for no one. We wish it all for you and pray your dreams come true. You are our everything.

Love, Mom, Dad, and Niki





Mari



We are so proud of all the accomplishments you have achieved these past four years. We can't wait to see what the future holds for you. Stay true to yourself. "Always stay humble and kind."
- Tim McGraw



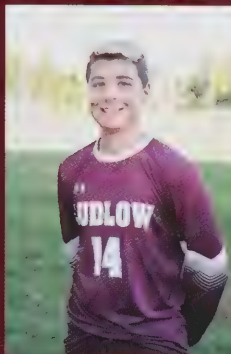
Malik

Behind you,
all your memories.

Before you,
all your dreams.

Around you,
all who love you.

Within you,
all you need.



Congratulations Malik, we are so very proud of you!

Stay true to yourself and always work hard.

Love Mom, Dad & Emma

Who loves you more than me...? - Nobody

#YourNumberOneFan

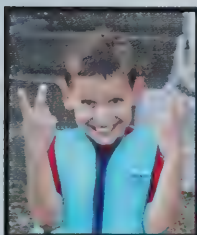


Nicholas

Your future is waiting.
Embrace opportunities.
Face challenges with confidence.
Learn from your mistakes.

Listen to your heart.
Take risks carefully.
Fight for what's right.
LIVE LIFE TO THE FULLEST.

We are so proud of you!
Carpe Diem!
Love you, Mom & Dad





**Kyle
Goncalves**



We are so proud of the
wonderful young man
you have become.
Always stay true to you!



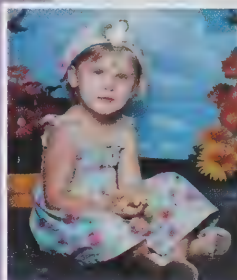
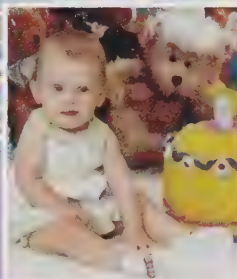
Believe in yourself,
Push your limits,
Experience life,
Be happy and Remember
how much you are loved!

Love,
Mom, Dad, Cassie and
Ryan

Jenna

From the day you were born you
have brought so much joy to my
life. I am so proud of the person
you have become and the
obstacles you have overcome.
You have a bright future ahead
of you just believe in yourself
and you can do anything you put
your mind to - the skies the
limit. Always remember that I
love you to the moon and back.

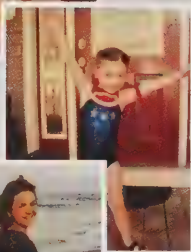
Love forever,
Mom



Grace

Watching you grow up into this
adventurous, kind, smart, funny &
beautiful soul has been our greatest
pleasure. Our wish for you as you
begin this new journey is to have
the enthusiasm to find your own
passions, the courage to make
mistakes and to always remain true
to yourself. Be bold enough to use
your voice and brave enough to
listen to your heart. You have
worked tremendously hard to get
where you are! Remember to
always believe in yourself. Your
wings already exist, all you have to
do is fly! Reach for the stars
Grace, and hold on tight. The
future is yours. Go leave your
mark on the world, we will be here
cheering for you every step of the
way!

Love always & forever to infinity
& beyond,
Mom, Dad, Owen, Griffin & Finn

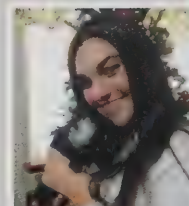
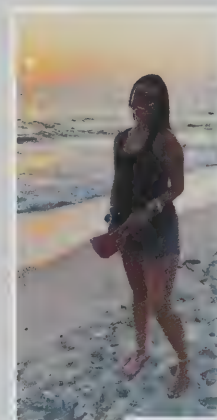


Amanda



We are so proud of the
beautiful, intelligent, strong
willed and caring young
woman you are. Follow your
dreams, stay true to yourself,
and never stop smiling.

Love,
Mom, Dad and Billy



Madison

You are stronger than you know. More capable than you ever dreamed. And you are loved more than you could possibly imagine. I'm so proud of you!

Congratulations.

Love Mom



Baylee

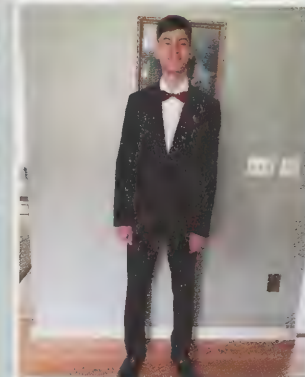
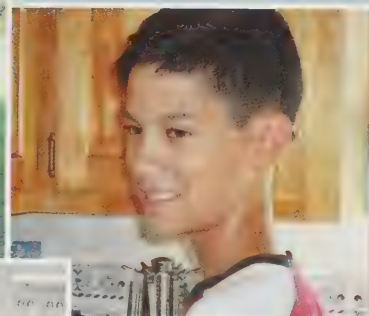
Love you to infinity and beyond!



Congratulations!



Matt



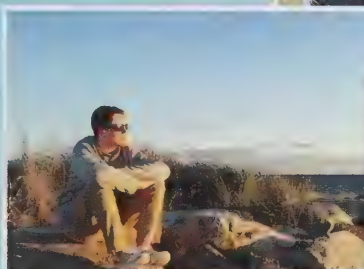
We are so proud of you, Matt! We hope that your path in life is filled with much love, happiness, exciting adventures & success.

Congratulations!

We Love the Sh*t Outta You!

Mom, Dad & Ryan

Matthew

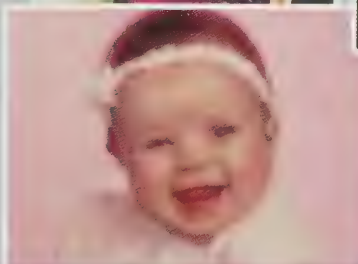


"Don't dilute yourself for any person or any reason. You are enough! Be unapologetically you."

Love,
Mom and Dad



Jocelyn



We are so very proud of you! Your hard work and determination has paid off both on and off the field. Follow your dreams, stay committed and you can accomplish anything!

Love,
Mom, Dad, Jacob and Jessica



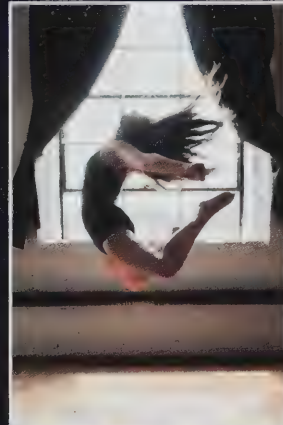
Kayley



Since the day you were born you have been our pride and joy. It is hard to believe how quickly the years have past and to already see you as a young woman. We are so proud of everything you have accomplished. There is another journey about to begin. We wish you success in everything your future may hold. Always remember what a genuine person you are and how much you are loved.

Love,
Mom, Dad, & Khloe

Mackenzie



*Be bold enough to use
your voice,
brave enough to listen to
your heart,
and strong enough to
live the life you've
always imagined.*



Congratulations, we are so proud of you!
Love, Mom, Dad & Tyler



Luke

"Love the life you live. Live the life you love" - Bob Marley

"Never let the fear of striking out keep you from playing the game" - Babe Ruth

Congratulations!
Love, Mom, Dad and Renee

We are so proud of you Luke. Stay true to yourself, stay kind and loving, courageous and strong and keep your Faith in God. We believe in you and trust you will go on to have a great life. We can't wait to see what the future brings you and what you bring to your future!



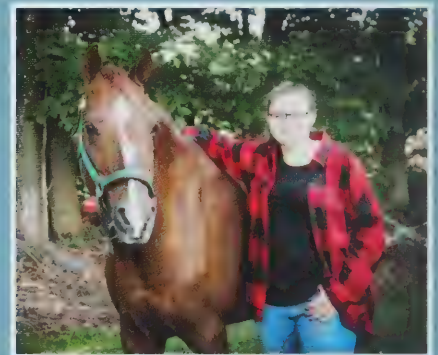
Assertive

Sassy

Honest

Loyal

Eclectic



You're the best!

We've watched in amazement as you've grown into the person you are today, and we're watching with great anticipation to see which path you will take next. With your unique characteristics the sky is the limit!

Love,
Mom, Dad, & Emily

Morgan

*"Be kind, have courage,
and always believe in a
little magic."-Cinderella*

Congratulations,
on all your
accomplishments.

We Love You! 🐾

Mom, Kevin, Shealee, and
Winnie

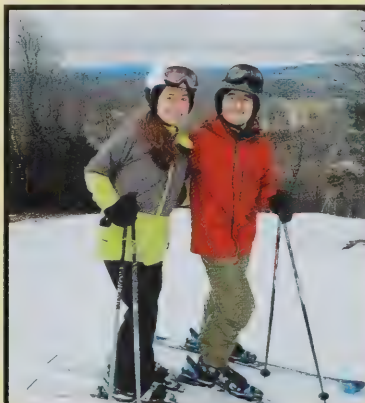


Sara "Ducky"

Congratulations!

You have challenged yourself both in and out of school. There were times that it was not easy but with all your hard work you persevered. We enjoyed seeing how much love you have of being so involved in all your activities. We are so proud of the essay you wrote for The Voice of Democracy competition it was heartfelt and brought tears to our eyes. There is no doubt that no matter where life takes you will give it your all. You are an inspiration.


Love,
Mommy, Daddy, Christopher



Emily Marie Ganhao



MY WISH, FOR YOU,
IS THAT THIS LIFE
becomes all that you want it to,
YOUR DREAMS STAY BIG,
and your worries stay small,
YOU NEVER NEED TO
CARRY MORE,
than you can hold,
AND WHILE YOU'RE OUT
THERE
getting where you're getting to,
I HOPE YOU KNOW
SOMEBODY LOVES YOU,
and wants the same things too,
THIS IS MY WISH.

Love, 
Mom, Dad, and Matthew

-Rascal Flatts

Maegan



As parents, we couldn't be prouder of the young woman that you have become! Your hard work and determination have always shown in your academic and athletic accomplishments!

We wish you all the happiness and success that this world has to offer!

Congratulations!

With all our love,
Mom, Dad, and Kayla



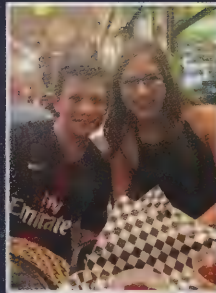
Miranda



Behind you,
all your memories.
Before you,
all your dreams.
Around you,
all who love you.
Within you,
all you need.

Miranda we are so blessed to have you in our lives. You are an incredible daughter and the best big sister. You fill our hearts with pride by just being you - a quiet leader who is not afraid to be true to herself and go after what's in her heart. Take pride in how far you've come and have faith in how far you'll go! We are so excited to cheer you on in your next adventure.

Love always, Mom, Dad, Mariissa and Mateo



Alexa

To our Daughter,

We wish you the strength to
face challenges with
confidence along with the
wisdom to make good
choices.



Listen to your heart and
take risks carefully.
Make some new friends.
Remember how much you
are loved.

We are so proud of you and
love you very much,

Mom and Dad



RHETTSMEY

"You've come a long way baby!"

- <3 Mom

"Congratulations on a job well done.
On the way to the world."

- Dad

"You should be proud, you had the
highest GPA out of all of us."

- Tianna

"Congratulations, we proud of you
boiiii"

- Marie

"You finally made it through...
let's get littyy!!"

- Sarah

"meow"

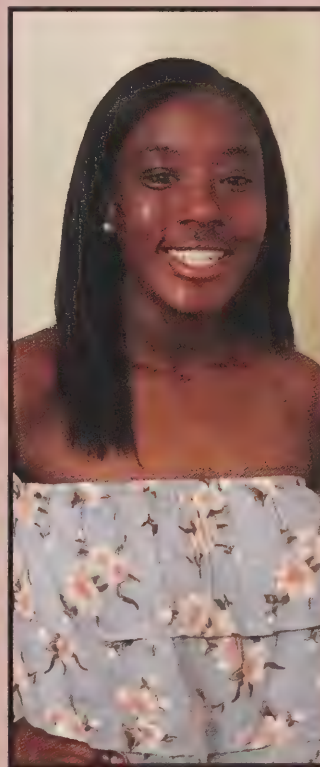
- Costa & Nala

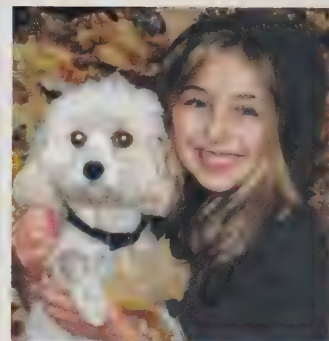
KAYLA

You are a beautiful young
woman from the inside out.
We are so very proud of all
you have accomplished.
Proceed confidently in the
direction of your dreams
and achieve your goals.
The best is yet to come.
Congratulations!

We love you,

Mommy, Daddy, & Kobe





Julianna

Jeremiah 29:11

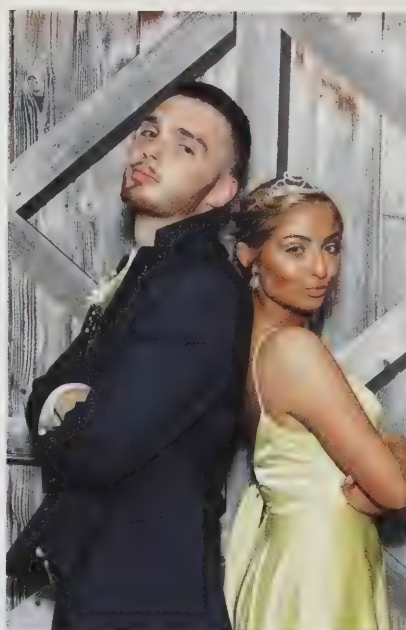
“For I know the plans I have for you,’ declares the LORD, ‘plans to prosper you and not to harm you, plans to give you hope and a future’”.

Education is the passport for the future, for tomorrow belongs to those who prepare for it today. We’re so proud of you and all that your tomorrow will hold.

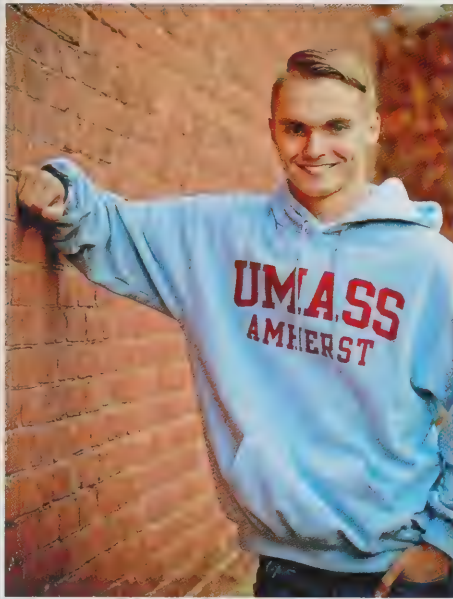
Congratulations on all your accomplishments!

We Love You!

Mom & Dad, Alexandra, Nathan, Danielle, and Brady too 🐾



BRIAN

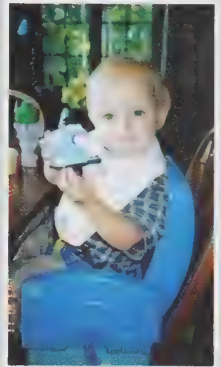


**Congratulations on your 2020
Ludlow High School graduation!**

You have developed the most amazing character and remarkable ability to lift people's spirits! We are so proud of you and the man that you are evolving into! We look forward to seeing where you decide to take your future!

Look out world, here comes Brian!

**Love and continued support,
Mom, Dad, and Tina**



Johnny



We are so proud of you! Your determination and drive have made you successful now and will continue to do so into the future. We wish you happiness and joy in all that you do.

**Love,
Mom and Evan**



Nate

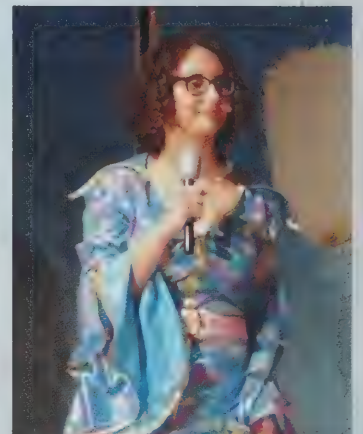
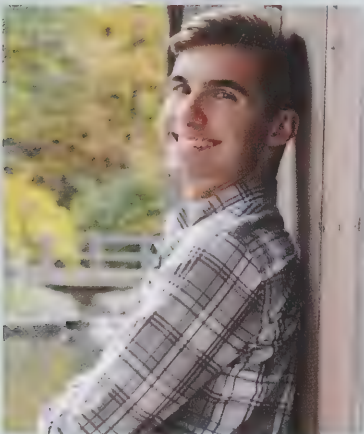
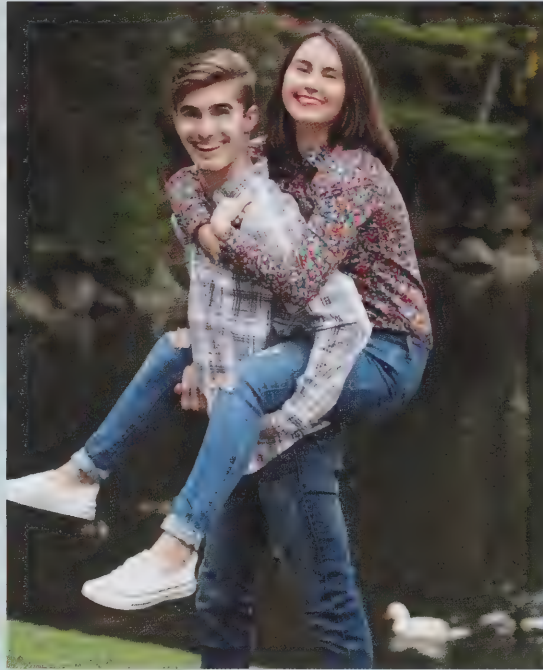
We are so proud of the amazing, kind young man you have become and all that you have accomplished so far. We know that you will achieve great things and can not wait to see what the future holds!

Always stay true to yourself!

**Love,
Mom, Dad and Chloe**

*Behind you,
all your memories.
Before you,
all your dreams.
Around you,
all who love you.
Within you,
all you need.*

Adam & Rebecca



God truly blessed us when he gave us
twins!

You two are absolutely amazing and
can do anything you set your minds
to!

Live each day as the gift it is. Always
be true to yourselves and do what
makes you happy! Be kind to others
and appreciate the little things.

Continue your passion and
determination with achieving every
goal you set.

You are destined to do great things!

We are so proud of you both and we
are so excited to see where your
future adventures take you!



All our love, Mom & Dad



My seniors

For some of us it has been four years that we have been together, working tirelessly on these yearbooks. Even from freshman year I knew you were something special. You have made up my foundation here. You have become more than just students to me, we are truly friends.

My loss will be the world's gain.
Never forget the lessons of
YerdHerd:

always triple check just to be sure,
sometimes you are the last line of
defense, to be truly inspired we
sometimes have to let go of what we
thought it would be and let it be what
it will be.

I love you ALL!
Ms. Kumpulanian



Mikey,



We have watched you grow from our little guy into this amazing young man you are today. You have done your very best on and off the Soccer Field and we couldn't be more proud of you. But Success is no accident, it is hard work. Remember that Life is like Soccer, you need Goals. If you set goals for yourself you will always have something to reach for. As you start the next chapter in your life you will have twist and turns, bumps and closed doors. The key is how you choose to approach them as each will be different. Just know that sometimes you can do it yourself, or ask a friend, your phone/internet could help. But know that Dad, Mom, Toree, Gracie-Ann, Papa, Grandma, Auntie Sarah, Uncle Mike, Isaiah, Ella, Joshua, Pap Tuck and Granny TJ will ALWAYS be right by your side to give you some guiding words of wisdom. Because of above all FAMILY is everything and we love you and are so proud of what you are about to do! Thank you for deciding to serve our country in United States Marine Corp.

May God Watch over you and bring you back to us safe.

We love you to the Moon & Back,
Dad, Mom, Toree & Gracie-Ann
XOXOXOXOXO



FALL



Freshman Soccer

JONATHAN GONCALVES, DREW SMITH, SAMUEL COCCHI, BENJAMIN CORBIN, JACOB COSTA, OWEN O'SHEA, LUIS CHAVES, EMIRHAN KOC, SAMUEL GRYWALSKI, ADAM CAMPBELL, NOLAN WIKAR, ANTONIO GONCALVES, BRAEDEN SCHWARTZ, DRU FAIRTHORNE, AVERY BLEAU, WILLIAM REED, TYLER QUITERIO, RYAN CRUZ, MATTHEW MENDEZ, BENJAMIN RILEY, JULIAN PESSOLANO, MERT YANBUL, ANTHONY MARTINS,

OVERALL RECORD: 10-2-1



Junior Varsity Soccer

DEVON SANTOS, CONNOR GARRITY, BENJAMIN ANGERS, BURAK IBAS, CAM SANDERSON, COLLIN LANEIRO, JACOB GLICA, ADAM MAKKIYA, JASON ALMEIDA, TRISTAN VALENTINE, ALEX LOURENCO, DANIEL MACHADO, JOSHUA PROVOST, BRAEDEN VERMETTE, JOHN RIORDAN, JOSEPH GONCALVES, DEREK DEROIN, KYLE ALMEIDA, GABRIEL SIMARD, DONOVAN STACHOWIAK, KRSTIAN WOJCICK, LUKE RODRIGUES

OVERALL RECORD: 13-3-2

SPORTS



Varsity Soccer
2019-2020

NATHANIEL HOMANS, EMILIO MANCUSO, DREW WOISHNIS, CODY BLACKBURN, KOBE DIAS, TYLER GONCALVES, BUGRA GOKCEK, MATTHEW CRUZ, EVAN WURSZT, MIKE, SZEWCZYK, ETHAN LAPA, ANTHONY QUITERIO, NICHOLAS STREET, MICHAEL RILEY, MALIK SERISSER, JACK SERAFINO, ADAM LIMA, SAMUEL RILEY, PHILLIPE FREITAS, JOSEPH QUITERIO, DOMINIC MANCUSO, NICHOLAS TEIXEIRA, MICHAEL TUCK, SAMUEL COCCHI, BENJAMIN RILEY, NICHOLAS MOORE, MATTHEW MENDEZ, JACOB WADAS

OVERALL RECORD: 12-6-3



Junior Varsity Soccer

EMMA COTE, KELSEY GILREIN, KALI GRIMES, KATIE MALAQUIAS, GABRIELLA MARTINS, ELLA ROY, AUBREY ROSENBLUM, JETTA ALBRIGHT, SARA KETCHALE, MEGAN DACRUZ, SOFIA RIBEIRO, LIZETTE ALVES, EMILY POULIOT, ISABELLA PIETRAS, NICOLE ESEMPIO, JACINDA HEWES, OLIVIA FERRERO, CHLOE HOMANS, LAURA SOTIROPOULOS, ALEXA LAVIGNE, EMMA SERISSER, CATARINA PIRES, KILEY LARIVIERE, KAYLA CARVALHO, HALEIGH TAUSCHER, JULIA COLSON, TATIANA LAMAS, JULIA MATEUS, JESSICA TRAJKOVSKI, GIANNA SWIATLOWSKI, RILEY LONDRVILLE

OVERALL RECORD: 7-3-2



Varsity Soccer
2019-2020

ISABELLA PROVOST, BAYLEE EDWARDS, KALI GRIMES, KARLEY AUSSANT, MALLORY PEREIRA, SARA COSTA, ALEXIS BRAGGA, MAEGAN SANTOS, RYLEY BREULT, JULIA MATEUS, OLIVIA CRESPO, TARYN MILLER, KAYLEY DAVIS, JOCELYN TRAJKOVSKI, OLIVIA FERNANDES, JULIA COLSON, ELLA ROY, CHLOE KETCHALE, KELSEY GILREIN, TATIANA LAMAS, ANA McDONALD, EMMA COTE, CATARINA PIRES, CARLIE SMITH

OVERALL RECORD: 6-8-4



Freshman Volleyball

MAKAYLA NELSON, NATALIE LIBBY, KATE WYLLIE, RAYAH LANDERS, AINELIZ GARCIA-CRUZ, KAYLA BOURCIER, MAGGIE AYERS, RYLEY CABEY, ELISE LAVELL, ALIVIA HAMEL, KATELYN MORRIS, EMMA WEHNER, MIKALA STEFANELLI, MINA VICKERS,



MONIKA LACHUT, ARAYAH REMILLARD, JULIA BRILLO, KATARINA CODDING, ALIYAH LEARY, JADA HEWES, SYDNIE GERMAIN, JULIA MAKUSIEWICZ, MARISSA BALBINO, EMILY GODEK, BRIANNA PURDY, MIA MCKENNEY, AISLYNN FONTAINE, ARDYN DUPUIS

OVERALL RECORD: 11-8



MADISON PEACEY, ALEXANDRA FORMEJSTER, ANGELA TOBIASZ, AALIYAH DAVID, RACHAEL WILSON, HANNAH WILSON, FIONA CAMPBELL, KAROLINE ROBAK, SIDNEY KORNAKCI, SOPHIA GIZA, KILEY SZLOSEK, ALYSSA MOORE, JULIANN SZEMELA, JHULIE GAIL KEZIAH ABANADOR, JHULIE ANNE KHAREN ABANADOR

OVERALL RECORD: 13-8



BRIAN BEEM, ALEXANDRE BROWN, PATRICK CASAGRANDE, AIDAN COLLINS, JOHN COLLINS, JACOB DIAS, JAMES ELLIOTT, BRANDON GERMAIN, DARIUS HOUSEY, JOHNNY JAWORSKI, DAVID KEROACK, LEO LAGUERRE, MAXWELL MORTIMER, RYAN MOYLAN, GABRIEL RIVERA, AARON STASIOWSKI, JACOB VAUTRAIN, CARL ZIMMERMAN, TORCATO ZINA, GIZELLE ASHLEY ABANADOR, SABRINA BARROSO, CHLOE BENARD, ALORA BERTINI, ABBEY CAMERON, CHLOE CARROLI, BRIANNA CHAROW, KATELYN FERNANDES, OLIVIA FOURNIER, KYLIE GAUVIN, KACIE GONCALVES, REBECCA HALL, HANNAH LANZAROTTO, YVETTE LAUZON, ANJALINA LUBARSKY, NINA LUSSIER, KAYLEE LYMAN, STEPHANIE MARTINS, KAYLA MCKAY, ELIZABETH PEREIRA, ANGELINA PROVOST, AUTUMN SNOW, SOPHIA TULIK, KENDYL VERMETTE, GABRIELLE WALCZAK, LAUREN WALCZAK, TAYLOR WALSH, JESSICA YOINGCO



JAYCE LABIER, CARSON KOWALSKI, JAKE MANEWICH, WILLIAM HALL, CAMERON LAPATIN, CHRISTOPHER FOGG, BRADY DEBARGE, ALEXANDER NICOLL, MICHAEL CLEMENTE, JAMONTE BECKETT, GAVIN BERUBE, TIMOTHY DEL NEGRO, JOSHUA SALOIO, ZACHARY ARCHAMBAULT, MICHAEL GILREIN, WYATT CHAMBERS, KEITH SWIDERSKI, BENJAMIN GUERIN, JACK PAQUIN, CHANTZ MCLEAN, JOHN LEWIS, ALEXANDER BAUCH, MATTINGLY PROVOST, THOMAS HITCHCOCK, ADAM KRUTKA, JOSEPH BATES, ANTWONE WEBB, PETER MENTEKIDIS, JACOB LADUKE, NICHOLAS WILKEN, JOSEPH VILLANO, MICHAEL STERNOWSKI JR., MICHAEL FORMEJSTER, GREGORY RICARDI, COLLIN DOYLE, MASON PELTIER, JOSEPH SNOPEK, NOLAN AYERS

OVERALL RECORD: 3-7



HUNTER ASTA-FERRERO, RYAN COLSON, ERIC CROTEAU, JAMIE DUCHESNE, JACOB DUFOUR, QUINN GIEBNER, CONNOR GRAVELIN, BRIANNA LANDRY, EVAN LIBBY, XAVIER PAULO, AARON PICARD, COLIN SKELLY, CAM SMITH, ZACHARY TATRO, MATTHEW TIBBITTS, JASON TOMAINO,



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MICHAEL DEL NEGRO, MICHAEL STERNOWSKI JR., CAMERON CLARKE, JACOB GOODWIN, AARON LITTLE, MIRAC AYRAL, BENJAMIN GUERIN, ADAM CAMPBELL, JACOB COSTA, EMRE KARAARSLAN

OVERALL RECORD: 0-4



TARON FREEMAN, JEFFREY RUSSELL, ANTHONY BOURDEAU, SAMUEL ABDU, BRAEDEN SCHWARTZ, MASON PELTIER, JOSEPH BATES, NICHOLAS HENRY, MATTHEW MENDEZ, TRISTAN MAYNARD, DANIEL RIVERA, WILLIAM HALL

OVERALL RECORD: 19-1



ETHAN SCHWARTZ, NICHOLAS TEIXEIRA, JOSHUA HURST, TYLER GONCALVES, ANTHONY FORTUNE, MALIK SERISSER, KYLE FONTOURA, THOMAS HITCHCOCK, JONAS CARVALHO, JACK SERAFINO, JONATHAN DUBOUR, JOSEPH VILLANO

OVERALL RECORD: 10-11



SEDONA WIKAR, JUSTIN CLEMONS, NICHOLAS LANGLITZ, THOMAS DEROIN, CAMERON ST. SAUVEUR, MATTHEW FAVATA, ANDEN BAVIERI, LUKE SUNDERLAND, KATHERINE TASSINARI, LUKE MARTIN, BENJI STEELE, DAVID TASSINARI, XAVIER PAULO, RYAN KURTZ, CODY SANDERSON, LEO LAGUERRE, BRICE PEREIRA, JAMIE DUCHESNE,

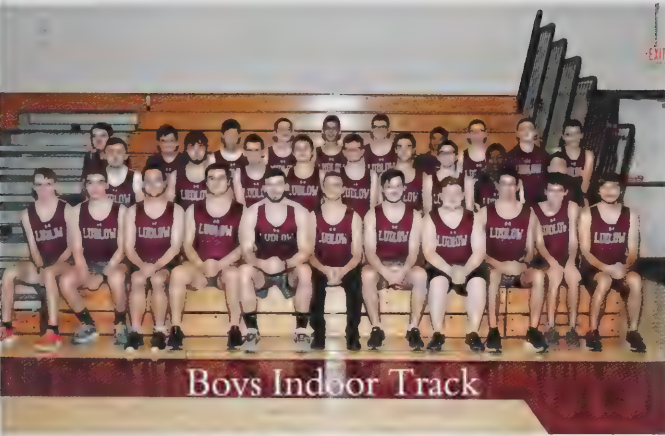


DAVID WALSH, JOSHUA DAGENAI, COLLIN SIWICKI, OWEN FRADETTE, NATHANIEL CORBIN, NICHOLAS LANGLITZ, SAMUEL COCCHI, JOSEPH PIRES, AARON PICARD, ETHAN CLARK, BENJAMIN CORBIN, JACOB BUREK, ERIC CROTEAU, HUMBERTO TERRINCA, NIKOLAUS SOJA, COLBY PALMER, ANDEN BAVIERI, TYLER CHAREST, NOLAN WIKAR, DAVID TASSINARI, BRANDON GOMES, JOSHUA GRANDFIELD

OVERALL RECORD: 3-15-2



KARLEY AUSSANT, SABRINA BARROSO, ALEXIS BRAGGA, ABBEY CAMERON, BRIANNA CHAROW, MEGAN D'ARZ, EMILY GODEK, KACIE GONCALVES, CHLOE HOMANS, RAYAH LANDERS, HANNAH LANZAROTTO, ALIYAH LEARY, RILEY LONDRVILLE, ANJALINA LUBARSKY, STEPHANIE MARTINS, GRACE MCCARTHY, KASSANDRA MUISE, HANNAH NILSON, MARI O'SHEA, ALEXA PALAZZI, HANNA PARK, ELIZABETH PEREIRA, MALLORY PEREIRA, ANGELINA PROVOST, ISABELLA PROVOST, SOFIA RIBEIRO, MAEGAN SANTOS, AIDA SMITH, AUTUMN SNOW, JESSICA TRAJKOVSKI, SOFIA TULIK, KENDY VERMETTE, TAYLOR WALSH, JESSICA YOINGCO



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JACOB BELDEN, NOAH CABRAL, MICHAEL CASSIDY, CHRISTOPHER FOGG, CONNOR GRAVELIN, COLLIN LANEIRO, ADAM LIMA, NICHOLAS MOORE, JOSHUA SALOIO, MATTHEW SALOIO, DEVON SANTOS, CAM SMITH, LIAM SMYTH, MICHAEL SZEWczyk, JASON TOMAINO, SZYMON TYLEC, JACOB WADAS, DREW WOISHNIS, MARCIN WOJCIK, LIZETTE ALVES, MARISSA BALBINO, MIRANDA BALBINO, GENEVIEVE BUCIER, CHLOE BERNARD, EMILIE HOFFMAN, SARA MARIA, MAKENZIE NALLY, JESSICA PARKER



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ARAYAH REMILLARD, ANA McDONALD, KAYLEE LYMAN, KAYLA MCKAY, AUBREY ROSENBLUM, ALIVIA HAMEL, ELIZABETH KOPEC, JACINDA HEWES, SARA COSTA, MIKALA STEFANELLI, CATARINA PIRES, KALI GRIMES, DANIELLE SMITH, JULIA BRILLO

OVERALL RECORD: 6-14



Congratulations!



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